

# January 2026

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Studio Closed for Holidays	29 Studio Closed for Holidays	30 Studio Closed for Holidays	31 Studio Closed for Holidays	1 <b>Happy New Year!</b>	2 Studio Closed for Holidays	3 Studio Closed for Holidays
4	5 We're Back! 5:30 – 7 pm All Levels	6 9 – 10:30 All Levels <b>New Time:</b> 6:00- 8:00 pm Yoga+Meditation	7 5 – 6:30 pm All Levels	8 9 – 10:30 am All Levels †	9 10 – 11:30 am Experienced	10 10 – 11:30 am All Levels
11	12 5:30 – 7 pm All Levels	13 9 – 10:30 All Levels <b>New Time:</b> 6:00- 8:00 pm Yoga+Meditation	14 5 – 6:30 pm All Levels	15 9 – 10:30 am All Levels †	16 10 – 11:30 am Experienced	17 10 – 11:30 am All Levels
18	19 5:30 – 7 pm All Levels <b>Martin Luther King, Jr Day</b>	20 9 – 10:30 All Levels <b>New Time:</b> 6:00- 8:00 pm Yoga+Meditation	21 5 – 6:30 pm All Levels	22 9 – 10:30 am All Levels †	23 10 – 11:30 am Experienced	24 10 – 11:30 am All Levels
25	27 5:30 – 7 pm All Levels	28 9 – 10:30 All Levels <b>New Time:</b> 6:00- 8:00 pm Yoga + Meditation	29 5 – 6:30 pm All Levels	30 9 – 10:30 am All Levels †	31 10 – 11:30 am Experienced	1 10 – 11:30 am All Levels

Fees	In-Studio Classes		Zoom Classes		
		Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes	Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes
	1 class	\$20	\$25	\$18	\$23
	4 classes	\$72 (Retired Sr: \$64.80)	\$88 (Retired Sr: \$79.20)	\$60 (Retired Sr: \$54)	\$76 (Retired Sr: \$68.40)
	8 classes	\$136 (Retired Sr: \$122.40)	\$160 (Retired Sr: \$144.00)	\$112 (Retired Sr: \$100.80)	\$144 (Retired Sr: \$129.60)

Please register for classes. Pay by check, cash, Cash App (\$PhilMilgromTCP), Venmo (@PhilMilgrom-TCP), Zelle (philmilgrom@comcast.net), or PayPal (paypal.me/TheCenteredPlace). Thank you!

† Thursday 9 am classes are Onsite only (no Zoom)

*“You already get so much from yoga: improved health, better sleep and reduced stress, plus you are calmer, more peaceful and even happier. Yet yoga offers much more, promising you will be grounded in your own Divine Beingness... To attain this... you must uplift your aspirations... If you are a yogi, you must make New Year’s resolutions.” ~ Swami Nirmalananda*