



## The Centered Place Yoga Studio

# January 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
29	30 Studio Closed for the Holidays	31 Studio Closed for the Holidays	1 Studio Closed for the Holidays <i>Happy New Year</i>	2 Studio Closed for the Holidays	3 Studio Closed for the Holidays	4 Studio Closed for the Holidays
5	6 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	7 9 -10:30 am All Levels 5:30 - 7:15 pm Yoga/Meditation*	8 5:30 – 7 pm All Levels	9 9 -10:30 am All Levels 6:30 – 8 pm All Levels	10 9 -10:30 am Experienced	11 9 -10:30 am All Levels 2 – 4:00 pm Free Newcomers
12 11 am to noon Discussion Group 1 to 3:00 pm Meditation 101 (1 of 3)	13 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	14 9 -10:30 am All Levels 5:30 - 7:15 pm Yoga/Meditation*	15 5:30 – 7 pm All Levels	16 9 -10:30 am All Levels 6:30 – 8 pm All Levels	17 9 -10:30 am Experienced	18 9 -10:30 am All Levels
19 1 to 3:00 pm Meditation (2 of 3)	20 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	21 9 -10:30 am All Levels 5:30 - 7:15 pm Yoga/Meditation*	22 5:30 – 7 pm All Levels	23 9 -10:30 am All Levels 6:30 – 8 pm All Levels	24 9 -10:30 am Experienced	25 9 -10:30 am All Levels
26 1 to 3:00 pm Meditation (3 of 3)	27 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	28 9 -10:30 am All Levels 5:30 - 7:15 pm Yoga/Meditation*	29 5:30 – 7 pm All Levels	30 9 -10:30 am All Levels 6:30 – 8 pm All Levels	30 9 -10:30 am Experienced 7 – 8:15 pm Special Satsang	1 9 to 5:00 pm All Day Workshop with Kusuma
* 8-week course. No drop-ins						

notes

**Weather closures:** Check our website [www.thecenteredplace.com](http://www.thecenteredplace.com) or call (and check your email). Let your common sense and safety prevail.

**Coming February 1 (Saturday):**  
**All Day Workshop with Kusuma, 9 to 5:00**  
**Early rate (by Jan 25): \$141; standard \$161**

### Class Fees

Drop-in	Class card	Regular	Retirees
\$18	5 classes (2 months)	\$85	\$75
\$16 retirees	10 classes (3 months)	\$160	\$140
	15 classes (4 months)	\$225	\$195
	Yoga/Meditation Series (8-weeks)	\$136	\$120