

July 2023

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Studio Closed	4 Studio Closed <i>Happy Fourth!</i>	5 5 – 6:30 pm All Levels	6 9 – 10:30 am All Levels	7 10 – 11:30 am Experienced	8 10 – 11:30 am All Levels
9	10 5:30 – 7 pm All Levels	11 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	12 5 – 6:30 pm All Levels	13 9 – 10:30 am All Levels	14 10 – 11:30 am Experienced	15 10 – 11:30 am All Levels
16	17 Studio Closed Staff Vacation	18 Studio Closed Staff Vacation	19 Studio Closed Staff Vacation	20 Studio Closed Staff Vacation	21 10 – 11:30 am Experienced	22 10 – 11:30 am All Levels
23	24 5:30 – 7 pm All Levels	25 9-10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	26 5 – 6:30 pm All Levels	27 9 – 10:30 am All Levels	28 10 – 11:30 am Experienced	29 10 – 11:30 am All Levels
30	31 5:30 – 7 pm All Levels	1 9-10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	2 5 – 6:30 pm All Levels	3 9 – 10:30 am All Levels	4 10 – 11:30 am Experienced	5 10 – 11:30 am All Levels

Class Fees	In-Studio Classes		Zoom Classes	
	Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes	Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes
	One class	\$20	\$25	\$18
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, Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace). Thank you!

“The limitlessness of your own Beingness is inexhaustible, the source of unending generosity and personal empowerment. Fueled by Consciousness, you step into the world, making different choices than before. *A body and mind powered by Consciousness is very different than a body and mind running on anxiety.*” [italics added] ~ Swami Nirmalananda