

July 2026

The Centered Place Yoga



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
	5:30 – 7 pm All Levels	9 – 10:30 All Levels	5 – 6:30 pm All Levels Canada Day	9 – 10:30 am All Levels (no Zoom)	Studio Closed For Independence Day Weekend	Studio Closed Happy Fourth! 
5	6	7	8	9	10	11
	5:30 – 7 pm All Levels	9 – 10:30 All Levels	5 – 6:30 pm All Levels		10 – 11:30 am Experienced	10 – 11:30 am All Levels
12	13	14	15	16	17	18
	5:30 – 7 pm All Levels	9 – 10:30 All Levels	5 – 6:30 pm All Levels		10 – 11:30 am Experienced	Studio Closed Staff Vacation
19	20	21	22	23	24	25
Studio Closed Staff Vacation	Studio Closed Staff Vacation	Studio Closed Staff Vacation	Studio Closed Staff Vacation	Studio Closed Staff Vacation	Studio Closed Staff Vacation	Studio Closed Staff Vacation
26	27	28	29	30	31	1
Guru Purnima	5:30 – 7 pm All Levels	9 – 10:30 All Levels	5 – 6:30 pm All Levels		10 – 11:30 am Experienced	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	\$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)

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

Note: Tuesday 6:00 pm Yoga + Meditation and Thursday 9:00 am All Levels classes postponed during summer until after Labor Day.

“In a sense, you are birthing yourself into a new reality, a dimensionality that extends inward and outward at the same time. The Guru knows more about it than you do, both from personal experience as well as their formal training... This is why the full moon of July is dedicated to the Guru, with light shining through the night to illumine the darkness that you get lost in. For yogis, Guru Purnima is the most important of all holy days.”

~ Swami Nirmalananda