

July 2021

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	2 Studio Closed for Holiday Weekend	3 Studio Closed for Holiday Weekend
4 	5 Studio Closed for Holiday Weekend	6 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	7 5 – 6:30 pm All Levels 8:30-9:00 pm Shavasana/Ujjayi	8 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	9 10 – 11:30 am Experienced	10 10 – 11:30 am All Levels
11 5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	12 5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	13 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	14 5 – 6:30 pm All Levels 8:30-9:00 pm Shavasana/Ujjayi	15 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	16 10 – 11:30 am Experienced	17 10 – 11:30 am All Levels
18 5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	19 5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	20 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	21 5 – 6:30 pm All Levels 8:30-9:00 pm Shavasana/Ujjayi	22 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	23 10 – 11:30 am Experienced	24 10 – 11:30 am All Levels
25 5:30-7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	26 5:30-7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	27 9-10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	28 5 – 6:30 pm All Levels 8:30-9:00 pm Shavasana/Ujjayi	29 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	30 10 – 11:30 am Experienced	31 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)

Monday & Wednesday Shavasana/Ujjayi Relaxation classes are free. Tuesday morning classes are now open for Zoom attendance. All classes can be attended in the studio or via Zoom. Please register for classes. Thank you.

“Yoga is about the inner knowing of your own essence... Based in your own Self, ... instead of looking for others to make you feel full, you bring your fullness with you. You share from the depths of your being.” ~ Swami Nirmalananda