

# July 2022



## The Centered Place Yoga Studio

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

Please register for classes. Thank you. Note that Monday & Wednesday Shavasana/Ujjayi Relaxation have been discontinued indefinitely.

Pay by check, cash, Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace).

“An individual who completes their inner quest is called a jivanmukti, one who is free while alive... Becoming based in Self while living your life, you are completely free (mukti) while being alive (jiva)... Freedom is your destiny. All you have to do is want it. Then act on that holy desire. Do more yoga.” ~ Swami Nirmalananda