

July 2024

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 5:30 – 7 pm All Levels	1 5:30 – 7 pm All Levels	2 No class This Morning 6:30-8:30 pm Yoga+Meditation	3 5 – 6:30 pm All Levels	4 No class – Happy Fourth! 	5 10 – 11:30 am Experienced	6 10 – 11:30 am All Levels
7 5:30 – 7 pm All Levels	8 5:30 – 7 pm All Levels	9 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	10 5 – 6:30 pm All Levels	11 9 – 10:30 am All Levels (Studio only - No Zoom)	12 10 – 11:30 am Experienced	13 10 – 11:30 am All Levels
14 No Class - Staff Vacation	15 No Class - Staff Vacation	16 No Class - Staff Vacation	17 No Class - Staff Vacation	18 No Class - Staff Vacation	19 No Class - Staff Vacation	20 No Class - Staff Vacation
21 5:30 – 7 pm All Levels	22 5:30 – 7 pm All Levels	23 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	24 5 – 6:30 pm All Levels	25 9 – 10:30 am All Levels (Studio only - No Zoom)	26 10 – 11:30 am Experienced	27 10 – 11:30 am All Levels
28 5:30 – 7 pm All Levels	29 5:30 – 7 pm All Levels	30 9-10:30 All Levels 6:30-8:30 pm Yoga+Meditation	31 5 – 6:30 pm All Levels	1 9 – 10:30 am All Levels (Studio only - No Zoom)	2 10 – 11:30 am Experienced	3 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. Pay by check, cash, Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace). Thank you!

“Yoga is about you finding yourself inside, and bringing yourself into your life in a whole new way...The more you live from your own Self, the more everyone benefits, including you.”

~ Swami Nirmalananda