

July 2025

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
	5:30 – 7 pm All Levels	9 – 10:30 No Class 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels †	10 – 11:30 am Experienced	10 – 11:30 am All Levels
6	7	8	9	10	11	12
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels †	10 – 11:30 am Experienced	Studio Closed for Staff Vacation
13	14	15	16	17	18	19
Studio Closed for Staff Vacation	Studio Closed for Staff Vacation	Studio Closed for Staff Vacation	Studio Closed for Staff Vacation	Studio Closed for Staff Vacation	Studio Closed for Staff Vacation	Studio Closed for Staff Vacation
20	21	22	23	24	25	26
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels †	10 – 11:30 am Experienced	10 – 11:30 am All Levels
27	28	29	30	31	1	2
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am 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)

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

+ Thursday 9 am classes are Onsite only (no Zoom)

“When you discover your Self, you are like a light bulb with light shining from the inside, spreading all around. You never tire of shining with [that] light...” ~ Swami Nirmalananda

