

# June 2023

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Studio Closed Memorial Day Holiday	30 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	31 No Class - Quaboag H.S. Scholarship Presentation	1 9 – 10:30 am All Levels	2 10 – 11:30 am Experienced	3 10 – 11:30 am All Levels
4	5 Studio Closed Staff Vacation	6 Studio Closed Staff Vacation	7 Studio Closed Staff Vacation	8 Studio Closed Staff Vacation	9 Studio Closed Staff Vacation	10 Studio Closed Staff Vacation
11	12 5:30 – 7 pm All Levels	13 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	14 5 – 6:30 pm All Levels	15 9 – 10:30 am All Levels	16 10 – 11:30 am Experienced	17 10 – 11:30 am All Levels
18	19 5:30 – 7 pm All Levels	20 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	21 5 – 6:30 pm All Levels	22 9 – 10:30 am All Levels	23 10 – 11:30 am Experienced	24 10 – 11:30 am All Levels
25	26 5:30 – 7 pm All Levels	27 9-10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	28 5 – 6:30 pm All Levels	29 9 – 10:30 am All Levels	30 10 – 11:30 am Experienced	1 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
	<b>One class</b>	\$20	\$25	\$18
<b>4 classes</b>	\$72 (Retired Sr: \$64.80)	\$88 (Retired Sr: \$79.20)	\$60 (Retired Sr: \$54)	\$76 (Retired Sr: \$68.40)
<b>8 classes</b>	\$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!

“When your inner state is steady, based in the dimensionless, limitless, expansiveness of your own Divine Essence, you face life head on... Your answers come from an inner depth that gives you wisdom on the go.” ~ Swami Nirmalananda