

June 2021



The Centered Place Yoga Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	2 5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	3 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	4 10 – 11:30 am Experienced	5 10 – 11:30 am All Levels
6	7 5:30 – 7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	8 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	9 5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	10 9 – 10:30 am All Levels No class 7 – 8:30 pm	11 Studio closed for vacation	12 Studio closed for vacation
13	14 Studio closed for vacation	15 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	16 5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	17 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	18 10 – 11:30 am Experienced	19 10 – 11:30 am All Levels
20	21 5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	22 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	23 5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	24 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	25 10 – 11:30 am Experienced	26 10 – 11:30 am All Levels
27	28 5:30–7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	29 9–10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	30 5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	1 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	2 Studio closed for vacation	3 Studio closed for vacation

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
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 studio only (no Zoom). All other classes can be attended in the studio or via Zoom. Please register for classes. Thank you.

Studio will be closed July 2 through July 5 for Fourth of July weekend. Happy 4th!

“Your mind is incapable of happiness. Happiness comes from the Self. Your mind must stop for you to experience happiness. Yoga says, just quiet your mind and you’ll be happy.”

~ Swami Nirmalananda