

# June 2022

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 No Class QRHS Awards Ceremony	2 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	3 10 – 11:30 am Experienced	4 10 – 11:30 am All Levels
5	6 5:30 – 7 pm All Levels	7 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	8 5 – 6:30 pm All Levels	9 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	10 10 – 11:30 am Experienced	11 10 – 11:30 am All Levels
12	13 5:30 – 7 pm All Levels	14 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	15 5 – 6:30 pm All Levels	16 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	17 10 – 11:30 am Experienced	18 10 – 11:30 am All Levels
19	20 5:30 – 7 pm All Levels	21 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	22 5 – 6:30 pm All Levels	23 Studio Closed for Vacation	24 Studio Closed for Vacation	25 Studio Closed for Vacation
26	27 Studio Closed for Vacation	28 Studio Closed for Vacation	29 Studio Closed for Vacation	30 Studio Closed for Vacation	1 Studio Closed for 4 <sup>th</sup> of July Weekend	2 Studio Closed for 4 <sup>th</sup> of July Weekend

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	\$23
<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. 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).

“The ultimate breakthrough is the awakening into your own spiritual essence.” ~ Swami Nirmalananda