


June 2024

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Holiday	28 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	29 5 – 6:30 pm All Levels	30 9 – 10:30 am All Levels *	31 10 – 11:30 am Experienced	1 10 – 11:30 am All Levels
2	3 5:30 – 7 pm All Levels	4 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 No Class (QRHS Scholarship Assembly)	6 9 – 10:30 am All Levels *	7 10 – 11:30 am Experienced	8 10 – 11:30 am All Levels
9 Happy Father's Day	10 Studio Closed for Staff Vacation	11 Studio Closed for Staff Vacation	12 Studio Closed for Staff Vacation	13 Studio Closed for Staff Vacation	14 Studio Closed for Staff Vacation	15 10 – 11:30 am All Levels
16	17 5:30 – 7 pm All Levels	18 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	19 5 – 6:30 pm All Levels 	20 9 – 10:30 am All Levels *	21 10 – 11:30 am Experienced Summer Solstice & International Yoga Day	22 10 – 11:30 am All Levels (No Zoom)
23/30	24 5:30 – 7 pm All Levels	25 9-10:30 All Levels 6:30-8:30 pm Yoga+Meditation	26 5 – 6:30 pm All Levels	27 9 – 10:30 am All Levels *	28 10 – 11:30 am Experienced	29 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), PayPal (paypal.me/TheCenteredPlace), or Zelle (philmilgrom@comcast.net). Thank you!

* Studio only (no Zoom/online)

“Core opening is not merely a physical opening, but a deeper inner opening, surrendering the way you resist your own Divinity and surrendering to the inner reality of your own Self, Svaroopā.” ~ Swami Nirmalananda

