

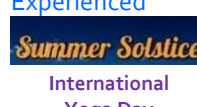


June 2025

The Centered Place Yoga Studio



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

Wednesday evening Shavasana and Sunday/Thursday Bliss classes are discontinued for the summer.

“You are more than you think you are... Yoga will make you used to living in a greater love and a greater inner spaciousness than you have known before.” ~ Swami Nirmalananda