

June 2026

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 5:30 – 7 pm All Levels	1 5:30 – 7 pm All Levels	2 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	3 No Class We're Presenting Scholarships!	4 9 – 10:30 am All Levels (no Zoom)	5 10 – 11:30 am Experienced	6 10 – 11:30 am All Levels
7 Studio Closed – Staff Vacation	8 Studio Closed – Staff Vacation	9 Studio Closed – Staff Vacation	10 Studio Closed – Staff Vacation	11 Studio Closed – Staff Vacation	12 Studio Closed – Staff Vacation	13 Studio Closed – Staff Vacation
14 5:30 – 7 pm All Levels	15 5:30 – 7 pm All Levels	16 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	17 5 – 6:30 pm All Levels	18 9 – 10:30 am All Levels (no Zoom)	19 10 – 11:30 am Experienced (no Zoom)	20 Studio Closed We're at Health & Wellness Fair, in Hardwick
21 5:30 – 7 pm All Levels	22 5:30 – 7 pm All Levels	23 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	24 5 – 6:30 pm All Levels	25 9 – 10:30 am All Levels (no Zoom)	26 10 – 11:30 am Experienced	27 10 – 11:30 am All Levels (no Zoom)
28 5:30 – 7 pm All Levels	29 5:30 – 7 pm All Levels	30 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	1 5 – 6:30 pm All Levels	2 9 – 10:30 am All Levels (no Zoom)	3 Studio Closed for Holiday weekend	4 No Class Happy Fourth!

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!

“When you drop a pebble in a puddle, you get a splash. Dropping it in a deep lake makes barely a ripple... When you have inner depth, you take things in stride... Life does bring some discomfort and pain to every being. A yogi moves through them with equanimity, happy even in the midst of difficulties. This is because the yogi doesn't depend on externals for their happiness.”~ Swami Nirmalananda