

March 2023

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 5:30 – 7 pm All Levels	28 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	1 5 – 6:30 pm All Levels	2 9 – 10:30 am All Levels 5 – 7 pm Meditation Class (1 of 3)	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 5 – 7 pm Meditation Class (2 of 3)	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 5 – 7 pm Meditation Class (3 of 3)	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 9 – 10:30 am All Levels	24 10 – 11:30 am Experienced	25 10 – 11:30 am All Levels
26	27 5:30 – 7 pm All Levels	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

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) or PayPal (paypal.me/TheCenteredPlace). Thank you!

“Svaroopa® yoga is multidimensional. While you’re working on your back or neck pain, the poses reveal a deeper dimension within. You are filled with bliss. You realize that pain relief is good but bliss is better.” ~ Swami Nirmalananda