

# March 2024

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 All Levels	26 5:30 – 7 pm All Levels	27 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga + Meditation	28 5 – 6:30 pm All Levels	29 9 – 10:30 am All Levels (No Zoom)	1 10 – 11:30 am Experienced	2 10 – 11:30 am All Levels
3 All Levels	4 5:30 – 7 pm All Levels	5 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga + Meditation	6 5 – 6:30 pm All Levels	7 9 – 10:30 am All Levels (No Zoom)	8 10 – 11:30 am Experienced	9 No class today. Will be held Sunday instead this weekend.
10 10 – 11:30 am All Levels	11 5:30 – 7 pm All Levels	12 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga + Meditation	13 5 – 6:30 pm All Levels	14 9 – 10:30 am All Levels (No Zoom)	15 10 – 11:30 am Experienced	16 10 – 11:30 am All Levels
17 St. Patrick's Day! 	18 5:30 – 7 pm All Levels Presidents' Day	19 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga + Meditation	20 5 – 6:30 pm All Levels <b>Spring!</b>	21 9 – 10:30 am All Levels (No Zoom) 5 – 7 pm Deepen Your Meditation (1 of 5)	22 10 – 11:30 am Experienced	23 10 – 11:30 am All Levels
24/31 All Levels	25 5:30 – 7 pm All Levels	26 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga + Meditation	27 5 – 6:30 pm All Levels	28 9 – 10:30 am All Levels (No Zoom) 5 – 7 pm Deepen Your Meditation (2 of 5)	29 10 – 11:30 am Experienced	30 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!

\* Deepen Your Meditation course began in January and ends Feb 27<sup>th</sup> (unless snow postpones a class). New offering starts March 21.

“Every Svaroopa® yoga class starts with shavasana in order to put the bliss first [Note: most other styles of yoga only have shavasana at the end of classes].

...When you are in bliss, your mind is quiet. Your neediness and fear disappear, like darkness disappears when you light a candle flame.” ~ Swami Nirmalananda