

March 2025

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	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 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	6 9 – 10:30 am All Levels (no Zoom)	7 10 – 11:30 am Experienced	8 10 – 11:30 am All Levels
9 	10 5:30 – 7 pm All Levels	11 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	12 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	13 9 – 10:30 am All Levels (no Zoom)	14 10 – 11:30 am Experienced	15 No Class – Studio Closed
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 8:30 - 9 pm Shavasana/Ujjayi*	20 9 – 10:30 am All Levels (no Zoom) START OF SPRING	21 10 – 11:30 am Experienced	22 10 – 11:30 am All Levels
23 4 – 5:30 pm Bliss Class	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 8:30 - 9 pm Shavasana/Ujjayi*	27 9 – 10:30 am All Levels (no Zoom)	28 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, Cash App (\$PhilMilgromTCP), Venmo (@PhilMilgrom-TCP), Zelle (philmilgrom@comcast.net), or PayPal (paypal.me/TheCenteredPlace). Thank you!

* Shavasana/Ujjayi Wednesday sessions are free with optional donations accepted (for our Fundraiser).
Bliss Class restarts March 23 at 4 pm.

*“Yoga makes you more alive and joyous. And you bring that into the world with you.”
~ Swami Nirmalananda*