

May 2021



The Centered Place Yoga Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 10–11:30 am All Levels
2	3 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	4 9–10:30 All Levels 6:30–8:30 pm Yoga+Meditation	5 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	6 9–10:30 am All Levels 7:00–8:30 pm Experienced	7 10–11:30 am Experienced	8 10–11:30 am All Levels
9	10 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	11 9–10:30 All Levels 6:30–8:30 pm Yoga+Meditation	12 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	13 9–10:30 am All Levels 7:00–8:30 pm Experienced	14 10–11:30 am Experienced	15 10–11:30 am All Levels
16	17 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	18 9–10:30 All Levels 6:30–8:30 pm Yoga+Meditation	19 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	20 9–10:30 am All Levels 7:00–8:30 pm Experienced	21 10–11:30 am Experienced	22 Studio Closed Staff Vacation
23	24 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	25 9–10:30 All Levels 6:30–8:30 pm Yoga+Meditation	26 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	27 9–10:30 am All Levels 7:00–8:30 pm Experienced	28 10–11:30 am Experienced	29 10–11:30 am All Levels
30	31 Memorial Day Holiday Studio Closed	1 9–10:30 All Levels 6:30–8:30 pm Yoga+Meditation	2 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	3 9–10:30 am All Levels 7:00–8:30 pm Experienced	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)

Monday & Wednesday Shavasana/Ujjayi Relaxation classes are free. Tuesday morning classes are studio only (no Zoom). All other classes can be attended in the studio or via Zoom. Please register for classes. Thank you.

“You find happiness where it is located. It’s not located at the end of a rainbow... Happiness happens inside. It’s an inner experience... It’s inherent to your being.” ~ S. Nirmalananda