

May 2023

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 5:30 – 7 pm All Levels	1 5:30 – 7 pm All Levels	2 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	3 5 – 6:30 pm All Levels	4 9 – 10:30 am All Levels	5 No Class - Staff On Retreat	6 No Class - Staff On Retreat
7 5:30 – 7 pm All Levels	8 5:30 – 7 pm All Levels	9 9 – 10:30 All Levels No Class Tonight	10 5 – 6:30 pm All Levels	11 9 – 10:30 am All Levels Meditation Class 6 – 8:00 pm (1)	12 10 – 11:30 am Experienced	13 10 – 11:30 am All Levels
14 5:30 – 7 pm All Levels	15 5:30 – 7 pm All Levels	16 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	17 5 – 6:30 pm All Levels	18 9 – 10:30 am All Levels Meditation Class 6 – 8:00 pm (1)	19 10 – 11:30 am Experienced	20 10 – 11:30 am All Levels
21 5:30 – 7 pm All Levels	22 5:30 – 7 pm All Levels	23 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	24 5 – 6:30 pm All Levels	25 9 – 10:30 am All Levels Meditation Class 6 – 8:00 pm (1)	26 10 – 11:30 am Experienced	27 Memorial Day Holiday
	28 Memorial Day Holiday	29 9–10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	31 No Class - Quaboag H.S. Scholarship Presentation	1 9 – 10:30 am All Levels	2 10 – 11:30 am Experienced	3 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!

“You are not your body, nor your mind. You are the Self, the immortal one who is being you while being all. Yet you have a body and mind. You need to take care of them if you want them to last and to serve you well. Do more yoga.” ~ Swami Nirmalananda