

May 2025

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 4 – 5:30 pm Bliss Class	28 5:30 – 7 pm All Levels	29 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	30 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	1 9 – 10:30 am All Levels † 6:30 – 8 pm Bliss Class	2 10 – 11:30 am Experienced	3 10 – 11:30 am All Levels
4 4 – 5:30 pm Bliss Class	5 5:30 – 7 pm All Levels	6 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	7 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	8 9 – 10:30 am All Levels † 6:30 – 8 pm Bliss Class	9 10 – 11:30 am Experienced	10 10 – 11:30 am All Levels
11 No Bliss Class 	12 5:30 – 7 pm All Levels	13 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	14 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	15 9 – 10:30 am All Levels † 6:30 – 8 pm Bliss Class	16 10 – 11:30 am Experienced	17 10 – 11:30 am All Levels
18 4 – 5:30 pm Bliss Class	19 5:30 – 7 pm All Levels	20 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	21 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	22 9 – 10:30 am All Levels † 6:30 – 8 pm Bliss Class	23 10 – 11:30 am Experienced	24 Studio Closed for Holiday Weekend
25 Studio Closed for Holiday Weekend	26 Memorial Day (Studio Closed)	27 9–10:30 All Levels 6:30-8:30 pm Yoga+Meditation	28 5 – 6:30 pm All Levels 8:30 - 9 pm Shavasana/Ujjayi*	29 9 – 10:30 am All Levels † 6:30 – 8 pm Bliss Class	30 10 – 11:30 am Experienced	31 10 – 11:30 am All Levels

	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)

Class Fees

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 30-minute 8:30 pm sessions are free with optional donations accepted (for our Fundraiser).

† Thursday 9 am classes are Onsite only (no Zoom)

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