

May 2026

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 5:30 – 7 pm All Levels	28 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	29 5 – 6:30 pm All Levels	30 9 – 10:30 am All Levels *	1 Studio Closed Staff Retreat	2 Studio Closed Staff Retreat
3	4 Studio Closed Staff Retreat	5 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	6 5 – 6:30 pm All Levels	7 9 – 10:30 am All Levels *	8 10 – 11:30 am Experienced	9 10 – 11:30 am All Levels 1:30 – 3:30 pm Joint-Freeing Class (Special) ‡
10 	11 5:30 – 7 pm All Levels	12 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	13 5 – 6:30 pm All Levels	14 9 – 10:30 am All Levels * 6:00 – 8:00 Meditation 101†	15 10 – 11:30 am Experienced	16 10 – 11:30 am All Levels Asparagus Festival
17	18 5:30 – 7 pm All Levels	19 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	20 5 – 6:30 pm All Levels	21 9 – 10:30 am All Levels * 6:00 – 8:00 Meditation 101†	22 10 – 11:30 am Experienced	23 Memorial Day Weekend (No classes)
24/31	25 Memorial Day (No classes)	26 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	27 5 – 6:30 pm All Levels	28 9 – 10:30 am All Levels * 6:00 – 8:00 Meditation 101†	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, Cash App (\$PhilMilgromTCP), Venmo (@PhilMilgrom-TCP), Zelle (philmilgrom@comcast.net), or PayPal (paypal.me/TheCenteredPlace). Thank you!

* No Zoom Thursday morning classes

† Meditation 101 is 3 sessions, \$90

‡ Joint-Freeing Class provides tension release for shoulders, neck, feet, ankles, hips – the works, without the work. \$30 (\$25 for seniors and anyone who needs a discount)

“Doing more yoga improves your karma as well as your bhava (your state of mind and body as well as the circumstances of your life and the status of your relationships.)”

~ Swami Nirmalananda