

# November 2021

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	2 9–10:30 All Levels 6:30-8:30 pm Yoga+Meditation	3 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	4 9-10:30 am All Levels 7:00–8:30 pm Experienced	5 10–11:30 am Experienced	6 10–11:30 am All Levels Meditation * (3) 1:30 – 3:30 pm
7	8 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	9 9–10:30 All Levels No Y+M Class Nov 9-30	10 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	11 9-10:30 am All Levels 7:00–8:30 pm Experienced	12 10–11:30 am Experienced	13 10–11:30 am All Levels
14	15 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	16 9–10:30 All Levels No Y+M Class Nov 9-30	17 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	18 9-10:30 am All Levels 7:00–8:30 pm Experienced	19 10–11:30 am Experienced	20 10–11:30 am All Levels
21	22 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	23 9–10:30 All Levels No Y+M Class Nov 9-30	24 Studio closed	25 Studio closed <i>Happy Thanksgiving!</i>	26 Studio closed	27 Studio closed
28	29 5:30–7 pm All Levels 8:30–9 pm Shavasana/Ujjayi	30 9–10:30 All Levels No Y+M Class Nov 9-30	1 5:00–6:30 pm All Levels 8:30–9 pm Shavasana/Ujjayi	2 9-10:30 am All Levels 7:00–8:30 pm Experienced	3 10–11:30 am Experienced	4 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
	<b>One class</b>	\$20	\$25	\$18
<b>4 classes</b>	\$72 (Retired Sr: \$64.80)	\$88 (Retired Sr: \$79.20)	\$60 (Retired Sr: \$54)	\$76 (Retired Sr: \$68.40)
<b>8 classes</b>	\$136 (Retired Sr: \$122.40)	\$160 (Retired Sr: \$144.00)	\$112 (Retired Sr: \$100.80)	\$144 (Retired Sr: 129.60)

All other classes can be attended in the studio or via Zoom. Please register for classes. Thank you. Monday & Wednesday Shavasana/Ujjayi Relaxation classes are free.

\* Meditation 101 is a three-week course. This is the third of the three.

“ When you base yourself in your own Self, you experience Divine emotions...  
your thoughts are inspired and inspiring.....  
you fulfill the purpose for which you were born” ~ Swami Nirmalananda