

November 2022



The Centered Place Yoga Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 No Class Happy Halloween	1 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	2 5 – 6:30 pm All Levels	3 No Classes - Staff Training	4 No Class - Staff Training	5 No Class - Staff Training
6 Set clock back an hour to Standard Time!	7 5:30 – 7 pm All Levels	8 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	9 5 – 6:30 pm All Levels	10 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	11 10 – 11:30 am Experienced	12 10 – 11:30 am All Levels
13	14 5:30 – 7 pm All Levels	15 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	16 5 – 6:30 pm All Levels	17 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	18 10 – 11:30 am Experienced	19 10 – 11:30 am All Levels
20	21 5:30 – 7 pm All Levels	22 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	23 Studio Closed for Holiday Break – Happy Thanksgiving!	24 Studio Closed for Holiday Break – Happy Thanksgiving!	25 Studio Closed for Holiday Break – Happy Thanksgiving!	26 Studio Closed for Holiday Break – Happy Thanksgiving!
27	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	1 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	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. Thank you.

Pay by check or cash, or Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace).

“...You are more than who you think you are. There is more to you on the inside than the outside can ever convey. This is yoga’s magic, to make you able to look inside and find who you are at the deepest and most expansive level within. To know your own Self, your Core-Essence, your own Beingness...” ~ Swami Nirmalananda