

# November 2024

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 5:30 – 7 pm All Levels	28 5:30 – 7 pm All Levels	29 9 – 10:30 All Levels	30 5 – 6:30 pm All Levels	31 9 – 10:30 am All Levels (No Zoom) 	1 10 – 11:30 am Experienced	2 10 – 11:30 am All Levels
3 5:30 – 7 pm All Levels	4 5:30 – 7 pm All Levels	5 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	6 5 – 6:30 pm All Levels	7 9 – 10:30 am All Levels (No Zoom)	8 10 – 11:30 am Experienced	9 10 – 11:30 am All Levels
10  → Veterans Day	11 <b>No Class – Staff Vacation</b>	12 <b>No Class – Staff Vacation</b>	13 <b>No Class – Staff Vacation</b>	14 <b>No Class – Staff Vacation</b>	15 <b>No Class – Staff Vacation</b>	16 10 – 11:30 am All Levels
17 Veterans get a free class this week 2:30 – 4 pm Bliss Class	18 5:30 – 7 pm All Levels	19 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	20 5 – 6:30 pm All Levels 8:30 – 9 pm Sweet Shavasana	21 9 – 10:30 am All Levels (No Zoom)	22 10 – 11:30 am Experienced	23 10 – 11:30 am All Levels
24 2:30 – 4 pm Bliss Class	25 5:30 – 7 pm All Levels	26 9–10:30 All Levels 6:30-8:30 pm Yoga+Meditation	27 <b>No Class – Thanksgiving Break</b>	28 	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), PayPal (paypal.me/TheCenteredPlace), or Zelle (philmilgrom@comcast.net). Thank you!

“[With consistent practice] your life gradually becomes yogified. You become happier and more effective in the world, running on Vitamin S (Self).” ~ Swami Nirmalananda