

November 2025

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 9 – 10:30 am All Levels † 6:30 – 8:30 pm Meditation 101*	27 5:30 – 7 pm All Levels	28 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	29 5 – 6:30 pm All Levels	30 9 – 10:30 am All Levels † 6:30 – 8:30 Meditation 101*	31 10 – 11:30 am Experienced	1 10 – 11:30 am All Levels
2 9 – 10:30 am All Levels † 6:30 – 8:30 Meditation 101*	3 5:30 – 7 pm All Levels	4 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 5 – 6:30 pm All Levels	6 9 – 10:30 am All Levels † 6:30 – 8:30 Meditation 101*	7 10 – 11:30 am Experienced	8 10 – 11:30 am All Levels
9 No charge for Veterans This Week → Thank you for your service	10 5:30 – 7 pm All Levels	11 9 – 10:30 All Levels Veterans Day 6:30-8:30 pm	12 5 – 6:30 pm All Levels	13 9 – 10:30 am All Levels † 6:30 – 8:30 Meditation 101*	14 10 – 11:30 am Experienced	15 10 – 11:30 am All Levels
16 9 – 10:30 am All Levels † 6:30 – 8:30 Meditation 101*	17 5:30 – 7 pm All Levels	18 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	19 5 – 6:30 pm All Levels	20 9 – 10:30 am All Levels †	21 10 – 11:30 am Experienced	22 10 – 11:30 am All Levels
23/30 9 – 10:30 am All Levels † 6:30 – 8:30 Meditation 101*	24 5:30 – 7 pm All Levels	25 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	26 No Class – Get Ready for Thanksgiving!	27 HAPPY THANKSGIVING	28 10 – 11:30 am Experienced Native American Heritage Day	29 10 – 11:30 am All Levels

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!

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

* Meditation 101 (Meditation Made Easy) is a three-week course

“Spiritual” means you draw on “spirit,” which is your own Divine Essence... Inner clarity comes from this deeper source. The light of Consciousness shines through... Fueled by Consciousness, you step into the world, making different choices than before. A body and mind powered by Consciousness is very different than a body and mind running on anxiety.”
~ Swami Nirmalananda