November 2026

The Centered Place Yoga



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *Eastern Standard Time Begins*	2 5:30 – 7 pm All Levels	3 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	4 5 – 6:30 pm All Levels	5	6 10 – 11:30 am Experienced	7 10 – 11:30 am All Levels
8 ***Diwali (Festival of Lights)***	9 5:30 – 7 pm All Levels	10 Studio Closed Staff Vacation	11 Studio Closed Staff Vacation ***Veteran's Day***	12 Studio Closed Staff Vacation	13 Studio Closed Staff Vacation	14 10 – 11:30 am All Levels
15	16 5:30 – 7 pm All Levels	17 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	18 5 – 6:30 pm All Levels	19	20 10 – 11:30 am Experienced	21 10 – 11:30 am All Levels
22	23 5:30 – 7 pm All Levels	24 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	25 Studio Closed For Thanksgiving Eve	26  	27 10 – 11:30 am Experienced	28 10 – 11:30 am All Levels
29	30 5:30 – 7 pm All Levels	1 9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	2 5 – 6:30 pm All Levels	3	4 10 – 11:30 am Experienced	5 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!

"Research has proven that any approach to spiritual development grants you many benefits. Spiritual practitioners have a better quality of life. They experience less depression and live longer. They have better health outcomes. This means both that they are healthier and, when they do need medical care, they get better results." ~ Swami Nirmalananda*

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* JAMA, 328(2), 184–197; https://doi.org/10.1001/jama.2022.11086