



The Centered Place Yoga Studio

November 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
27	28 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	29 9 -10:30 am All Levels	30 5:30 – 7 pm All Levels	31 9 -10:30 am All Levels 6:30 – 8 pm All Levels	1 9 -10:30 am Yoga/Meditation*	2 9 -10:30 am All Levels
3	4 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	5 9 -10:30 am All Levels 7 – 9:00 pm Meditation 101 (1 of 3)	6 5:30 – 7 pm All Levels	7 9 -10:30 am All Levels 6:30 – 8 pm All Levels	8 9 -10:30 am Yoga/Meditation*	9 9 -10:30 am All Levels
10	11 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	12 9 -10:30 am All Levels 7 – 9:00 pm Meditation 101 (2 of 3)	13 5:30 – 7 pm All Levels	14 9 -10:30 am All Levels 6:30 – 8 pm All Levels	15 9 -10:30 am Yoga/Meditation*	16 9 -10:30 am All Levels 2 – 4 pm Free Newcomers
17 11:00 – noon Discussion Group	18 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	19 9 -10:30 am All Levels 7 – 9:00 pm Meditation 101 (3 of 3)	20 5:30 – 7 pm All Levels	21 9 -10:30 am All Levels 6:30 – 8 pm All Levels	22 9 -10:30 am Yoga/Meditation* 7:00 to 8:30 Satsang	23 9 -10:30 am All Levels
24	25 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	26 9 -10:30 am All Levels	27 Studio Closed for Thanksgiving	28 Happy Thanksgiving! Studio Closed	29 Studio Closed for Thanksgiving	30 9 -10:30 am All Levels
						* No drop-ins: this is a series

notes

Weather closures: Check our website www.thecenteredplace.com or call (and check your email). Let your common sense and safety prevail.

Class Fees (as of September 1)

Drop-in	Class card	Regular	Retirees
\$18	5 classes (2 months)	\$85	\$75
\$16 retirees	10 classes (3 months)	\$160	\$140
	15 classes (4 months)	\$225	\$195