



The Centered Place Yoga Studio

October 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
30	31 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	1 9 -10:30 am All Levels	2 5:30 – 7 pm All Levels	3 9 -10:30 am All Levels 6:30 – 8 pm All Levels	4 9 -10:30 am Yoga/Meditation*	5 9 -10:30 am All Levels Shine Your Light, Take Back the Night**
6	7 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	8 9 -10:30 am All Levels	9 5:30 – 7 pm All Levels	10 9 -10:30 am All Levels 6:30 – 8 pm All Levels	11 9 -10:30 am Yoga/Meditation* Meditation 101 (1st of 3)	12 9 -10:30 am All Levels
13	14 No classes Columbus Day	15 9 -10:30 am All Levels	16 5:30 – 7 pm All Levels	17 9 -10:30 am All Levels 6:30 – 8 pm All Levels	18 9 -10:30 am Yoga/Meditation* Meditation 101 (2nd of 3)	19 9 -10:30 am All Levels 2 – 4:00 pm Newcomers Class
20 11:00 am – noon Discussion Group	21 5:30 – 7 pm All Levels 7:30 – 9 pm Experienced	22 9 -10:30 am All Levels	23 5:30 – 7 pm All Levels	24 9 -10:30 am All Levels 6:30 – 8 pm All Levels	25 9 -10:30 am Yoga/Meditation* 7:00 to 8:30 Satsang	26 9 -10:30 am All Levels Afternoon Workshop with Addie Alex
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 No evening class Happy Halloween	1 9 -10:30 am Yoga/Meditation* Meditation 101 (3rd of 3)	2

* No drop-ins ** Special class open to all: \$16 or class card. All proceeds donated to Take Back The Night

Notes

Coming in November
 - Shaktipat Retreat Boston: November 8 – 10
 - Special workshop w/ Lissa Fountain (Date TBA)

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