

October 2022 (updated 10/17/22 12:09 pm)



The Centered Place Yoga Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	9 – 11 am Meditation Easy 5 – 6:30 pm All Levels	9 – 10:30 am All Levels 7 – 8:30 pm Experienced	10 – 11:30 am Experienced	10 – 11:30 am All Levels
2	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	9 – 11 am Meditation Easy 5 – 6:30 pm All Levels	9 – 10:30 am All Levels 7 – 8:30 pm Experienced	10 – 11:30 am Experienced	10 – 11:30 am All Levels
9	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	9 – 11 am Meditation Easy 5 – 6:30 pm All Levels	9 – 10:30 am All Levels 7 – 8:30 pm Experienced	10 – 11:30 am Experienced	Workshop 9 – 1:00 Yoga for Stress 2:30 - 4
16	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels 7 – 8:30 pm Experienced	10 – 11:30 am Experienced	10 – 11:30 am All Levels
23/30	5:30 – 7 pm All Levels No class Halloween Oct 31	9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels 7 – 8:30 pm Experienced	10 – 11:30 am Experienced	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. Thank you. Pay by check, cash, Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace).

Studio closed Thursday, Friday & Saturday, November 3 – 5, for staff training.

"Peace is not something you add to your life; peace is your underlying nature. You have to uncover it." ~ Swami Nirmalananda