

October 2023

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:30 – 7 pm All Levels	3 9 – 10:30 All Levels	4 5 – 6:30 pm All Levels	5 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	6 10 – 11:30 am Experienced	7 10 – 11:30 am All Levels
8	9 5:30 – 7 pm All Levels	10 9 – 10:30 All Levels	11 5 – 6:30 pm All Levels	12 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation	13 10 – 11:30 am Experienced	14 Studio Closed for Weekend Away
15	16 5:30 – 7 pm All Levels	17 9 – 10:30 All Levels	18 5 – 6:30 pm All Levels	19 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation	20 10 – 11:30 am Experienced	21 9 – 1:00 Half-Day Program * 3 – 4:30 Free Satsang *
22	23 5:30 – 7 pm All Levels	24 9 – 10:30 All Levels	25 5 – 6:30 pm All Levels	26 9 – 10:30 am All Levels 6:30 – 8:30 pm Yoga+Meditation	27 10 – 11:30 am Experienced	28 10 – 11:30 am All Levels
29	30 5:30 – 7 pm All Levels	31 9-10:30 All Levels 	1 5 – 6:30 pm All Levels	2 9 – 10:30 am All Levels 6:30 – 8:30 pm Yoga+Meditation	3 10 – 11:30 am Experienced	4 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, Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace). Thank you!

* Half-Day Program \$91 (early bird rate, paid by 10/14), \$101 standard rate. Afternoon Meditation Satsang is Free. Both programs led by Swami Samvidaananda of the Svaroop Vidya Ashram

“Just do it! It’s a perfect slogan... Bring your spirituality into the world. Bring your light into the world. Give it your best. Make a difference.” ~ Swami Nirmalananda