

# October 2025

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
	5:30 – 7 pm All Levels	9 – 10:30 All Levels  6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels <i>Yom Kipper</i>	9 – 10:30 am All Levels †	No Class – Staff Development	No Class – Staff Development
5	6	7	8	9	10	11
	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 †	10 – 11:30 am Experienced	10 – 11:30 am All Levels
12	13	14	15	16	17	18
	5:30 – 7 pm All Levels  <i>Indigenous People's Day</i>	9 – 10:30 All Levels  6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels	9 – 10:30 am All Levels †	10 – 11:30 am Experienced	No Class – Autumn Break
19	20	21	22	23	24	25
	No Class – Autumn Break <i>Diwali</i>	No Class – Autumn Break	No Class – Autumn Break	9 – 10:30 am All Levels †	10 – 11:30 am Experienced	10 – 11:30 am All Levels
26	27	28	29	30	31	1
	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 †  6:30 – 8:30 Meditation 101*	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. Pay by check, cash, Cash App (\$PhilMilgromTCP), Venmo (@PhilMilgrom-TCP), Zelle (philmilgrom@comcast.net), or PayPal (paypal.me/TheCenteredPlace). Thank you!

† Thursday 9 am classes are Onsite only (no Zoom)

\* First of 3 Thursday evenings – Meditation Made Easy

“As your heart opens inward, you settle deeper within, rooted in an unshakable internal expanse [your Self]. You’re able to live in the world with your heart open...Supported from the inside, you’re able to face anything and love everyone, even while sailing through stormy seas.”  
 ~ Swami Nirmalananda

