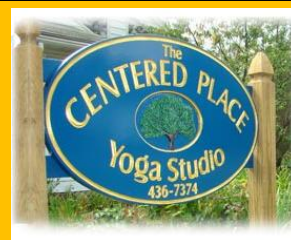


October 2026

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
	5:30 – 7 pm All Levels	9 – 10:30 All Levels (no Zoom)	5 – 6:30 pm All Levels (no Zoom)		10 – 11:30 am Experienced (no Zoom)	10 – 11:30 am All Levels (no Zoom)
4	5	6	7	8	9	10
	5:30 – 7 pm All Levels (no Zoom)	9 – 10:30 All Levels (no Zoom) 6:00-8:00 pm Yoga+Meditation	5 – 6:30 pm All Levels		10 – 11:30 am Experienced	10 – 11:30 am All Levels
11	12	13	14	15	16	17
	5:30 – 7 pm All Levels Indigenous Peoples Day	9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	5 – 6:30 pm All Levels		10 – 11:30 am Experienced	No Class: Staff on Vacation
18	19	20	21	22	23	24
	No Class: Staff on Vacation	No Class: Staff on Vacation	No Class: Staff on Vacation		10 – 11:30 am Experienced	10 – 11:30 am All Levels
25	26	27	28	29	30	31
	5:30 – 7 pm All Levels	9 – 10:30 All Levels 6:00-8:00 pm Yoga+Meditation	5 – 6:30 pm All Levels		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!

“Your spinal release opens your body, mind and emotions to access the inner source of your own healing power. All the multiple levels of your being are bathed in the flow of your own healing force every time you open your spine.” ~ Gurudevi, Healing, Transformation & Illumination, April 2007