

October 2021



The Centered Place Yoga Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	28 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	29 5 – 6:30 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	30 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	1 10 – 11:30 am Experienced	2 10 – 11:30 am All Levels
3	4 5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	5 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	6 5 – 6:30 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	7 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	8 10 – 11:30 am Experienced	9 10 – 11:30 am All Levels
10	11 5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	12 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	13 5 – 6:30 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	14 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	15 10 – 11:30 am Experienced	16 9 – 10:30 am * All Levels
17	18 5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	19 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	20 5 – 6:30 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	21 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	22 10 – 11:30 am Experienced	23 10 – 11:30 am All Levels Meditation 101-1 1:30 – 3:30 pm **
24/31	1.77 5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	2.77 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	3.77 5 – 6:30 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	4.77 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	29 10 – 11:30 am Experienced	30 10 – 11:30 am All Levels Meditation 101-2 1:30 – 3:30 pm**

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)	

Monday & Wednesday Shavasana/Ujjayi Relaxation classes are free. All classes can be attended either in the studio or via Zoom. Please register for classes. Thank you.

* This particular Saturday, Nancy and Phil have to get to New Hampshire by 1, so we are starting and ending the class one hour earlier.

** Meditation 101 is a three-week course. The third class is Saturday, November 6. \$90 onsite/\$75 online

“The quality of life is not based on how much you do but on how much you let go; not on how far you go but on how open and easy you are. Svaroop® yoga dissolves limitations as well as mental, emotional and spiritual blocks, to open up the way you live inside your skin.” – Swami Nirmalananda