

# September 2021

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	9 – 10:30 am All Levels 7 – 8:30 pm Experienced	10 – 11:30 am Experienced	10 – 11:30 am All Levels
5	6	7	8	9	10	11
	Studio Closed ~ Happy Labor Day and Rosh Hashana	Studio Closed for Vacation	Studio Closed for Vacation	Studio Closed for Vacation	Studio Closed for Vacation	Studio Closed for Vacation
12	13	14	15	16	17	18
	5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	9 – 10:30 am All Levels 7 – 8:30 pm Experienced	10 – 11:30 am Experienced	10 – 11:30 am All Levels
19	20	21	22	23	24	25
	5:30 – 7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	9 – 10:30 am All Levels 7 – 8:30 pm Experienced	10 – 11:30 am Experienced	1/2-Day Program 9 – 1 pm* Yoga for Pain Relief 2:30 – 4 pm*
26	27	28	29	30	1	2
	5:30–7 pm All Levels 8:30 – 9 pm Shavasana/Ujjayi	9–10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	5 – 6:30 pm All Levels 8:30–9:00 pm Shavasana/Ujjayi	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
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.

\* September 25 programs require registration. Register early to guarantee your place. For more information, see <https://conta.cc/2UKVzj9>

“Yogic practices repattern your body and breath while reprogramming your mind, attuning you to bliss.” ~ Swami Nirmalananda [So much better than being attuned to worry, fear and anxiety!]