

# September 2022



## The Centered Place Yoga Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Studio Closed	5 Studio Closed	6 Studio Closed	7 Studio Closed	8 Studio Closed	9 Studio Closed	10 Studio Closed
11 5:30 – 7 pm All Levels	12 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	13 5 – 6:30 pm All Levels	14 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	15 10 – 11:30 am Experienced	16 10 – 11:30 am All Levels	17 10 – 11:30 am All Levels
18 5:30 – 7 pm All Levels	19 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	20 5 – 6:30 pm All Levels	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	24 10 – 11:30 am All Levels
25 5:30 – 7 pm All Levels	26 9 – 10:30 All Levels 6:30 – 8:30 pm Yoga+Meditation	27 5 – 6:30 pm All Levels	28 9 – 10:30 am All Levels 7 – 8:30 pm Experienced	29 10 – 11:30 am Experienced	30 10 – 11:30 am All Levels	1 10 – 11:30 am All Levels

Class Fees	Studio Classes		Zoom Classes	
	Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes	Continuing/Experienced 90 minutes	Yoga+Meditation 120 minutes
	\$20	\$25	\$18	\$23
	\$72 (Retired Sr: \$64.80)	\$88 (Retired Sr: \$79.20)	\$60 (Retired Sr: \$54)	\$76 (Retired Sr: \$68.40)
	\$136 (Retired Sr: \$122.40)	\$160 (Retired Sr: \$144.00)	\$112 (Retired Sr: \$100.80)	\$144 (Retired Sr: \$129.60)

Please register for classes. Thank you.

Pay by check, cash, Venmo (@PhilMilgrom-TCP) or PayPal (paypal.me/TheCenteredPlace).

“[Thus] perceiving the world and acting in it, your essence is unscathed. The light of your own Self shines through your mind and into the world, so all your actions are based in love and generosity. It's the only way to really live. Do more yoga.”~ Swami Nirmalananda