

September 2023

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28 Studio Closed for Staff Vacation	29 Studio Closed for Staff Vacation	30 Studio Closed for Staff Vacation	31 Studio Closed for Staff Vacation	1 Studio Closed for Staff Vacation	2 Studio Closed for Staff Vacation
3	4 Studio Closed Labor Day	5 9 – 10:30 All Levels	6 5 – 6:30 pm All Levels	7 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	8 10 – 11:30 am Experienced	9 No Class - Tag Sale (class offered Sunday, Sept 10)
10 10 – 11:30 am All Levels +	11 5:30 – 7 pm All Levels	12 9 – 10:30 All Levels	13 5 – 6:30 pm All Levels	14 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	15 10 – 11:30 am Experienced	16 10 – 11:30 am All Levels
17	18 5:30 – 7 pm All Levels	19 9 – 10:30 All Levels	20 5 – 6:30 pm All Levels	21 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	22 10 – 11:30 am Experienced	23 10 – 11:30 am All Levels
24	25 5:30 – 7 pm All Levels	26 9 – 10:30 All Levels	27 5 – 6:30 pm All Levels	28 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	29 10 – 11:30 am Experienced (Studio only ~ No Zoom)	30 10 – 11:30 am All Levels (Studio only ~ No Zoom)

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)

* Starting in September, the Yoga + Meditation class meets Thursday evenings until January.

+ Saturday September 9 tag sale. Saturday's class will be taught Sunday!

Please register for classes. Thank you.

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

"Svaroopa® Yoga poses target your spinal tensions, dissolving them to open up interior space in your body. You breathe easier. You get taller as you get happier."
— Gurudevi Nirmalananda