September 2023

The Centered Place Yoga Studio



Monday 28 Studio Closed for Staff Vacation 4 Studio Closed Labor Day 11 5:30 - 7 pm All Levels	Tuesday 24 Studio Closed for Staff Vacation 9 9 – 10:30 All Levels 9 – 10:30 All 11 Levels 12	Studio Closed for Staff Vacation 5 6 5 - 6:30 pm All Levels	Studio Closed for Staff Vacation 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	for 9 Vac 7 10 - Exp	Friday 1 dio Closed Staff ation 8 e11:30 am 15 e11:30 am	Saturday Studio Closed for Staff Vacation No Class - Tag Sale (class offered Sunday, Sept 10) 10 – 11:30 am	
Studio Closed for Staff Vacation 4 Studio Closed Labor Day 11 5:30 - 7 pm All Levels	Studio Closed for Staff Vacation 9 – 10:30 All Levels	Studio Closed for Staff Vacation 5 5 - 6:30 pm All Levels 2 13 5 - 6:30 pm	Studio Closed for Staff Vacation 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	 Studfor 9 Vac 7 10 - Exp 14 10 - 	dio Closed Staff ation 8 • 11:30 am erienced 15 • 11:30 am	Studio Closed for Staff Vacation No Class - Tag Sale (class offered Sunday, Sept 10) 10 – 11:30 am	
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			Yoga+Meditation*		erienced	All Levels	
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25 5:30 – 7 pm All Levels	20 9 – 10:30 All Levels	6 27 5 – 6:30 pm All Levels	9 – 10:30 am All Levels 6:30-8:30 pm	10 – Exp (<i>Stu</i>	erienced dio only ~	3 10 – 11:30 am All Levels (Studio only ~ No Zoom)	
In-Studio	Classes		Zoom Classes	I			
_	-	Yoga+Meditation 120 minutes	Continuing/Experi- go minutes				
ass ^{\$20}		\$25	\$18	\$18 \$23			
ses \$72 (Retire	ed Sr: \$64.80)	\$88 (Retired Sr: \$79.20	b) \$60 (Retired Sr: \$	\$60 (Retired Sr: \$54)		\$76 (Retired Sr: \$68.40)	
\$136 (Retired Sr: \$122.40)		\$160 (Retired Sr: \$144	.00) \$112 (Retired Sr: \$1	\$112 (Retired Sr: \$100.80) \$144 (Reti		d Sr: \$129.60)	
a	5:30 – 7 pm All Levels In-Studio Gontinuing 90 minutes \$20 \$72 (Retire \$136 (Retire	5:30 - 7 pm 9 - 10:30 All All Levels 9 - 10:30 All Levels Levels In-Studio Classes Continuing/Experienced 90 minutes \$20 \$\$20 \$72 (Retired Sr: \$64.80) \$\$136 (Retired Sr: \$122.40) \$136 (Retired Sr: \$122.40)	5:30 - 7 pm 9 - 10:30 All 5 - 6:30 pm All Levels 5 - 6:30 pm All Levels All Levels In-Studio Classes Yoga+Meditation 90 minutes Yoga+Meditation 90 minutes \$20 \$20 \$25 \$20 \$25 \$120 \$25 \$20 \$25 \$136 (Retired Sr: \$64.80) \$88 (Retired Sr: \$79.20) \$160 (Retired Sr: \$144.10) \$160 (Retired Sr: \$144.10)	5:30 - 7 pm 9 - 10:30 All Levels 5 - 6:30 pm All Levels 9 - 10:30 am All Levels 5:30 - 7 pm 9 - 10:30 All Levels 9 - 10:30 am All Levels 9 - 10:30 am All Levels 6:30 - 8:30 pm Yoga+Meditation* 9 - 10:30 am All Levels 9 - 10:30 am All Levels In - Studio Classes Zoom Classes Continuing/Experienced go minutes Yoga+Meditation 120 minutes Continuing/Experi go minutes 5:5 \$ 20 \$ 25 \$ 18 \$ \$ 72 (Retired Sr: \$64.80) \$ 88 (Retired Sr: \$79.20) \$ 60 (Retired Sr: \$ 122.40) \$ \$ 136 (Retired Sr: \$122.40) \$ 160 (Retired Sr: \$144.00) \$ 112 (Retired Sr: \$ 122.40) \$ in September, the Yoga + Meditation class meets Thursday evenings until January.	5:30 - 7 pm 9 - 10:30 All 5 - 6:30 pm 9 - 10:30 am All Levels 10 - All Levels 9 - 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation* 10 - In-Studio Classes 200 5 - 6:30 pm Yoga+Meditation 5 - 6:30 pm go minutes 10 - 5 - 6:30 pm 10 - Experiment Study 10 - 10 - 10 - Experiment Experiment Study 10 - 10 - 10 - Experiment Experiment Study 10 - 10 - 10 - Experiment Experiment Study 10 - 10 - 10 - Experiment Experiment Study 10 - 10 - 10 - Experiment Experiment Study 10 - 10 - 10 - Experiment Experiment Study 10 - 10 - 10 - Experiment Experiment Study 10 - 10 - 10 - 10 - Experiment Study 10 - 10 - 10 - 10 - Experiment Study 10 - 10 - 10 - 10 - 10 - Study 10 - 10 - 10 - 10 - 10 - Study 10 - 10 - 10 - 10 - 10 - Study 10 - 10 - 10 - 10 - 10 - Study 10 - 10 - 10 - 10 - 10 - Study 10 - 10 - 10 - 10 - 10 - Study <td< td=""><td>5:30 - 7 pm 9 - 10:30 All All Levels 9 - 10:30 am All Levels 9 - 10:30 am All Levels 9 - 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation* 10 - 11:30 am Experienced (Studio only ~ No Zoom) No Zoom) In-Studio Classes Continuing/Experienced 90 minutes 10 - 11:30 am 10 - 11:30 am Studio only ~ No Zoom) In-Studio Classes Continuing/Experienced 90 minutes 120 minutes 136 (Retired Sr: \$122.40) \$160 (Retired Sr: \$144.00) \$112 (Retired Sr: \$100.80)</td></td<>	5:30 - 7 pm 9 - 10:30 All All Levels 9 - 10:30 am All Levels 9 - 10:30 am All Levels 9 - 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation* 10 - 11:30 am Experienced (Studio only ~ No Zoom) No Zoom) In-Studio Classes Continuing/Experienced 90 minutes 10 - 11:30 am 10 - 11:30 am Studio only ~ No Zoom) In-Studio Classes Continuing/Experienced 90 minutes 120 minutes 136 (Retired Sr: \$122.40) \$160 (Retired Sr: \$144.00) \$112 (Retired Sr: \$100.80)	

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