

# September 2025

## The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Studio Closed - We're on Vacation! <i>Labor Day</i>	1 Studio Closed - We're on Vacation!	2 Studio Closed - We're on Vacation!	3 5 – 6:30 pm All Levels	4 9 – 10:30 am All Levels †	5 10 – 11:30 am Experienced	6 10 – 11:30 am All Levels
7 5:30 – 7 pm All Levels	8 5:30 – 7 pm All Levels	9 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	10 5 – 6:30 pm All Levels	11 9 – 10:30 am All Levels †	12 10 – 11:30 am Experienced	13 10 – 11:30 am All Levels
14 5:30 – 7 pm All Levels	15 5:30 – 7 pm All Levels	16 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	17 5 – 6:30 pm All Levels	18 9 – 10:30 am All Levels †	19 10 – 11:30 am Experienced <i>Free Yoga for Stress Relief 7 – 8:30 pm</i>	20 Full Day Program with Swami S. 9 – 5:30 pm
21 5:30 – 7 pm All Levels <i>1<sup>st</sup> Day of Autumn &amp; Rosh Hashanah</i>	22 5:30 – 7 pm All Levels	23 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	24 5 – 6:30 pm All Levels	25 9 – 10:30 am All Levels †	26 10 – 11:30 am Experienced	27 10 – 11:30 am All Levels
28 5:30 – 7 pm All Levels	29 5:30 – 7 pm All Levels	30 9 – 10:30 All Levels 6:30-8:30 pm Yoga+Meditation	1 5 – 6:30 pm All Levels <i>Yom Kippur</i>	2 9 – 10:30 am All Levels †	3 Studio Closed for Staff Training	4 Studio Closed for Staff Training

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)

Please register for classes. Pay by check, cash, Cash App (\$PhilMilgromTCP), Venmo (@PhilMilgrom-TCP), Zelle (philmilgrom@comcast.net), or PayPal (paypal.me/TheCenteredPlace). Thank you!

† Thursday 9 am classes are Onsite only (no Zoom); all other classes are offered onsite and via Zoom

"When you know your own Self, you experience an inner depth and joy. You live in freedom and fearlessness that overflows into a beautiful generosity and love for all." ~ Swami Nirmalananda

