

December 2023

The Centered Place Yoga Studio



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	²⁸ 5:30 – 7 pm All Levels	²⁹ 9 – 10:30 All Levels	³⁰ 5 – 6:30 pm All Levels	³¹ 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	¹ 10 – 11:30 am Experienced	² The 10:00 am class is moved to Sunday; staff meeting Saturday
³ 10 – 11:30 am All Levels	⁴ 5:30 – 7 pm All Levels	⁵ 9 – 10:30 All Levels	⁶ 5 – 6:30 pm All Levels	⁷ Happy Hanukkah 9 – 10:30 am All Levels 6:30-8:30 pm Yoga+Meditation*	⁸ 10 – 11:30 am Experienced	⁹ 10 – 11:30 am All Levels
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 [On site only – no Zoom]	¹⁴ 9 – 10:30 am All Levels [On site only – no Zoom] No evening class	¹⁵ 10 – 11:30 am Experienced [On site only – no Zoom]	¹⁶ 10 – 11:30 am All Levels [On site only – no Zoom]
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 6:30-8:00 pm Solstice Meditation Satsang (open to all) – Optional Donation	²² 10 – 11:30 am Experienced	²³ 10 – 11:30 am All Levels
^{24/31}  Happy New Year's Eve	²⁵ Merry Christmas 	²⁶ Studio closed for Holidays Kwanzaa Begins	²⁷ Studio closed for Holidays	²⁸ Studio closed for Holidays	²⁹ Studio closed for Holidays	³⁰ Studio closed for Holidays

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 January, the Yoga + Meditation class meets Tuesday evenings again.

Studio reopens Saturday January 6

Please register for classes. Thank you.

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

"Yoga makes you able to settle deeper into your own Beingness, so your essence shines into the world like the full moon lights up the night." — Swami Nirmalananda