

THE CENTERED PLACE YOGA STUDIO

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Nancy Nowak & Phil Milgrom, Co-Directors

~ May 2012 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9 - 10:30 a.m. All levels 7 - 9 p.m. Advanced Bliss	2 3:30 - 5:00 p.m. All levels 5:30 - 7 p.m. All levels 7:30 - 9 pm Rays of Hope	3 9 - 10:30 a.m. All levels 7:30 - 9 p.m. All levels	4 9 to 10:30 am Continuing Plus	5 9 - 10:30 a.m. All levels
6	7 5:30 - 7 p.m. All levels 7:30 - 9 p.m. Deeper	8 9 - 10:30 a.m. All levels 7 - 9 p.m. Advanced Bliss	9 3:30 - 5:00 p.m. All levels 5:30 - 7 p.m. All levels 7:30 - 9 pm Rays of Hope	10 9 - 10:30 a.m. All levels 7:30 - 9 p.m. All levels	11 9 to 10:30 am Continuing Plus	12 9 - 10:30 a.m. All levels Bliss Mini Retreat 1-4 pm \$39
13	14 5:30 - 7 p.m. All levels 7:30 - 9 p.m. Deeper	15 9 - 10:30 a.m. All levels 7 - 9 p.m. Advanced Bliss	16 3:30 - 5:00 p.m. All levels 5:30 - 7 p.m. All levels	17 9 - 10:30 a.m. All levels 7:30 - 9 p.m. All levels	18 9 to 10:30 am Continuing Plus	19 9 - 10:30 a.m. All levels FREE NEWCOMERS' Class 2-4 PM
20	21 5:30 - 7 p.m. All levels 7:30 - 9 p.m. Deeper	22 9 - 10:30 a.m. All levels 7 - 9 p.m. Advanced Bliss	23 3:30 - 5:00 p.m. All levels 5:30 - 7 p.m. All levels	24 9 - 10:30 a.m. All levels 7:30 - 9 p.m. All levels	25 9 to 10:30 am Continuing Plus	26 STUDIO HOLIDAY - Memorial Day
27 STUDIO HOLIDAY - Memorial Day	28 STUDIO HOLIDAY - Memorial Day	29 9 - 10:30 a.m. All levels 7 - 9 p.m. Advanced Bliss	30 3:30 - 5:00 p.m. All levels 5:30 - 7 p.m. All levels	31 9 - 10:30 a.m. All levels 7:30 - 9 p.m. All levels	Notes:	