



Eight Limbs MAY 2024 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check online for the most up to date schedule.						
		7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	1 10-11 am Morning Hatha 5:30-6:30 Ladder Flow	2 10-11 am Morning Hatha 5:30-6:30 Prana Flow 7-8 Stretch Restore	3 7-8 am Morning Sadhana 10-11 am Morning Hatha 12-1 Yin YTT	4 9-10 Vinyasa 10:30-11:30 Morning Hatha YTT
5	6	7	8	9	10	11
8-9 am Slow Flow 9:30-10:30 Happy Hips YTT 7-8 pm Rest & Restore	12-1 Nidra Flow 530-630 Beginner Series 7-8 Evening Yin	7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:30 Ladder Flow	10-11 am Morning Hatha 5:30-6:30 Prana Flow 7-8 Stretch Restore	7-8 am Morning Sadhana 10-11 am Morning Hatha 12-1 Yin	9-10 Vinyasa 10:30-11:30 Morning Hatha
12	13	14	15	16	17	18
8-9 am Slow Flow 9:30-10:30 Happy Hips	12-1 Nidra Flow 530-630 Beginner Series 7-8 Evening Yin	7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:45 Ladder Flow	10-11 am Morning Hatha 5:30-6:30 Prana Flow 7-8 Stretch Restore	7-8 am Morning Sadhana 10-11 am Morning Hatha 5-6pm Surya Namaskar Prep & Practice	9-10 Vinyasa 10:30-11:30 Morning Hatha
19	20	21	22	23	24	25
8-9 am Slow Flow 9:30-10:30 Happy Hips	May Long Weekend 7-8 Evening Yin	7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:45 Ladder Flow	10-11 am Morning Hatha 5:30-6:30 Prana Flow 7-8 Stretch Restore	7-8 am Morning Sadhana 10-11 am Morning Hatha 12-1 Yin YTT	9-10 Vinyasa 10:30-11:30 Morning Hatha YTT
26	27	28	29	30	31	
8-9 am Slow Flow 9:30-10:30 Happy Hips YTT 7-8 pm Rest & Restore	12-1 Nidra Flow 7-8 Evening Yin	7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:45 Ladder Flow	10-11 am Morning Hatha 5:30-6:30 Prana Flow 7-8 Stretch Restore	7-8 am Morning Sadhana 10-11 am Morning Hatha 12-1 Yin YTT	