



# Eight Limbs FEBRUARY 2025 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9:30-10:30 Happy Hips	10-11 Morning Hatha 5:30-6:30 Hatha Flow 7-8 Candlelit Yin	10-11 am Morning Hatha 5:30-6:30 Ashtanga – short form 7-8 Slow Stretch	10-11 am Morning Hatha 5:30-6:30 Flow & Stretch 7-8 Slow & Still	10-11 am Morning Hatha <b>12:15-1:15 Baby + Me</b> 5:30-6:30 Vinyasa 7-8 Stretch Restore	10-11 am Morning Hatha 5:30-6:45 Ashtanga Vinyasa	9-10 Vinyasa 10:30-11:30 Slow & Still <b>12-130 Energy of Reiki</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:30-10:30 Happy Hips 12:00-1:20 Afternoon Restore	10-11 Morning Hatha 5:30-6:30 Hatha Flow 7-8:15 Candlelit Yin & Nidra	10-11 am Morning Hatha 5:30-6:30 Ashtanga – short form 7-8 Slow Stretch	10-11 am Morning Hatha 5:30-6:30 Flow & Stretch 7-8 Slow & Still	10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Stretch Restore	10-11 am Morning Hatha 5:30-6:45 Ashtanga Vinyasa	9-10 Vinyasa 10:30-11:30 Slow & Still <b>12-130 Energy of Reiki</b> <b>2-5 Inner Light Retreat</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:30-10:30 Happy Hips	10-11 Morning Hatha 5:30-6:30 Hatha Flow 7-8:15 Candlelit Yin & Nidra	10-11 am Morning Hatha 5:30-6:30 Ashtanga – short form 7-8 Slow Stretch	10-11 am Morning Hatha 5:30-6:30 Flow & Stretch 7-8 Slow & Still	10-11 am Morning Hatha <b>12:15-1:15 Baby + Me</b> 5:30-6:30 Vinyasa 7-8 Stretch Restore	10-11 am Morning Hatha 5:30-6:45 Ashtanga Vinyasa	9-10 Vinyasa 10:30-11:30 Slow & Still <b>12-130 Energy of Reiki</b>  <b>7pm Coldest Night Stretch &amp; Restore</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>March 1</b>
9:30-10:30 Happy Hips <b>12-1:30 Yamas &amp; Niyamas: Ahimsa</b> 4:30-5:30 Yoga Nidra	10-11 Morning Hatha 5:30-6:30 Hatha Flow 7-8:15 Candlelit Yin & Nidra	10-11 am Morning Hatha 5:30-6:30 Ashtanga – short form 7-8 Slow Stretch	10-11 am Morning Hatha 5:30-6:30 Flow & Stretch 7-8 Slow & Still	10-11 am Morning Hatha <b>12:15-1:15 Baby + Me</b> 5:30-6:30 Vinyasa 7-8 Stretch Restore	10-11 am Morning Hatha 5:30-6:45 Ashtanga Vinyasa	9-10 Vinyasa 10:30-11:30 Slow & Still <b>12-130 Energy of Reiki</b>
<p><b>10 am Morning Hatha Classes</b>  Monday – grounding  Tuesday – balance  Wednesday – hips  Thursday – shoulders &amp; spine  Friday – energize</p>						