



Eight Limbs MARCH 2025 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9:30-10:30 Happy Hips	10-11 Morning Hatha 5:30-6:30 Hatha Flow 7-8 Yin & Meditation	10-11 am Morning Hatha 5:30-6:30 Ashtanga – short form 7-8 Hatha Flow	10-11 am Morning Hatha 5:30-6:30 Flow & Stretch 7-8 Slow & Still	10-11 am Morning Hatha 12:15-1:15 Baby + Me 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 12-130 Energy of Reiki
9	10	11	12	13	14	15
9:30-10:30 Happy Hips 12:00-1:20 Afternoon Restore	10-11 Morning Hatha 5:30-6:30 Hatha Flow 7-8 Yin & Meditation	10-11 am Morning Hatha 5:30-6:30 Ashtanga – short form 7-8 Hatha Flow	10-11 am Morning Hatha 5:30-6:30 Flow & Stretch 7-8 Slow & Still	10-11 am Morning Hatha 12:15-1:15 Baby + Me 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 12-130 Energy of Reiki
16	17	18	19	20	21	22
9:30-10:30 Happy Hips	10-11 Morning Hatha 5:30-6:30 Hatha Flow 7-8 Yin & Meditation	10-11 am Morning Hatha 5:30-6:30 Ashtanga – short form 7-8 Hatha Flow	10-11 am Morning Hatha 5:30-6:30 Flow & Stretch 7-8 Slow & Still	10-11 am Morning Hatha 12:15-1:15 Baby + Me 5:30-7:00 Special Spring Equinox class – from Water to Air	10-11 am Morning Hatha 5:30-6:45 Ashtanga Vinyasa	9-10 Vinyasa 10:30-11:30 Slow & Still 12-130 Energy of Reiki 2-4:30 Spring Renew + Manifest Workshop
23	24	25	26	27	28	29
9:30-10:30 Happy Hips 12:00-1:20 Afternoon Restore	10-11 Morning Hatha 5:30-6:30 Hatha Flow 7-8 Yin & Meditation	10-11 am Morning Hatha 5:30-6:30 Ashtanga – short form 7-8 Hatha Flow	10-11 am Morning Hatha 5:30-6:30 Flow & Stretch 7-8 Slow & Still	10-11 am Morning Hatha 12:15-1:15 Baby + Me 5:30-6:30 Vinyasa 7-8 Stretch Restore	10-11 am Morning Hatha 5:30-6:45 Ashtanga Vinyasa 7-8 Sacred Evenings	9-10 Vinyasa 10:30-11:30 Slow & Still 12-130 Energy of Reiki 2-5 Spring Equinox Glow Retreat
30	31					
9:30-10:30 Happy Hips 12-1:30 Yamas & Niyamas: Satya Truthfulness 4:30-5:30 Yoga Nidra	10-11 Morning Hatha 5:30-6:30 Hatha Flow 7-8 Yin & Meditation				10 am Morning Hatha Classes Monday – grounding Tuesday – balance Wednesday – hips Thursday – shoulders & spine Friday – energize	

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