



Eight Limbs MAY 2025 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
10 am Morning Hatha Classes Monday – grounding Tuesday – balance Wednesday – hips Thursday – shoulders & spine Friday – energize				10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Stretch Restore	10-11 am Morning Hatha 5:30-6:30 Friday Flow 7-8 Sacred Evenings	9-10 Vinyasa 10:30-11:30 Slow & Still
4	5	6	7	8	9	10
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 7-8 Hatha Flow	10-11 am Morning Hatha 5:30-6:30 Sacred Foundations 7-8 Evening Vinyasa	10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Stretch Restore	10-11 am Morning Hatha 5:30-6:45 Friday Flow 7-8 Sacred Evenings	9-10 Vinyasa 10:30-11:30 Slow & Still
11	12	13	14	15	16	17
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 7-8 Hatha Flow	10-11 am Morning Hatha 5:30-6:30 Sacred Foundations 7-8 Evening Vinyasa	10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Stretch Restore	10-11 am Morning Hatha Restore 25 YTT	9-10 Vinyasa 10:30-11:30 Slow & Still Restore 25 YTT
18	19	20	21	22	23	24
9:30-10:30 Happy Hips Restore 25 YTT		10-11 am Morning Hatha 5:30-6:30 Ashtanga 7-8 Hatha Flow	10-11 am Morning Hatha 5:30-6:30 Sacred Foundations 7-8 Evening Vinyasa	10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Stretch Restore	10-11 am Morning Hatha 5:30-6:30 Friday Flow	9-10 Vinyasa 10:30-11:30 Morning Hatha Restore 25 YTT
25	26	27	28	29	30	31
9:30-10:30 Happy Hips 12-1:30 Yamas & Niyamas: Asteya	10-11 Morning Hatha 5:30-6:30 Hatha Flow 7-8 Yin & Meditation	10-11 am Morning Hatha 5:30-6:30 Ashtanga 7-8 Hatha Flow	10-11 am Morning Hatha 5:30-6:30 Sacred Foundations 7-8 Evening Vinyasa	10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Stretch Restore	10-11 am Morning Hatha 5:30-6:30 Friday Flow	9-10 Vinyasa 10:30-11:30 Morning Hatha

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