



Eight Limbs DECEMBER 2025 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10-11 am Morning Hatha	10-11 am Morning Hatha 6-7pm Slow Flow	6-7 Candlelit Yin	10-11 am Morning Hatha 5:30-6:30 Hatha Flow 7-8 Stretch Restore	10-11 am Morning Hatha	9:30-10:30 Hatha Flow
7	8	9	10	11	12	13
9:30-10:30 Happy Hips	10-11 am Morning Hatha	10-11 am Morning Hatha 6-7pm Slow Flow	6-7 Candlelit Yin	10-11 am Morning Hatha 5:30-6:30 Hatha Flow 7-8 Stretch Restore	10-11 am Morning Hatha	9:30-10:30 Hatha Flow
14	15	16	17	18	19	20
9:30-10:30 Happy Hips	10-11 am Morning Hatha	10-11 am Morning Hatha 6-7pm Slow Flow	6-7 Candlelit Yin	10-11 am Morning Hatha 5:30-6:30 Hatha Flow 7-8 Stretch Restore	10-11 am Morning Hatha	

Final class is December 19th — please take home stored mats.
 May the peace held in this shala remain with you,
 steady and soft, alive in your heart.
 Om shanti shanti shanti.