

## **Eight Limbs DECEMBER 2025 Schedule**



itha	2 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
itha	Hatha 6-7pm Slow Flow		Hatha 5:30-6:30 Hatha Flow 7-8 Stretch Restore	Hatha	Flow
	·		7-8 Stretch Restore	12	
	9	10	11	12	
0-11 am Morning				12	13
latha	10-11 am Morning Hatha 6-7pm Slow Flow	6-7 Candlelit Yin	10-11 am Morning Hatha 5:30-6:30 Hatha Flow	10-11 am Morning Hatha	9:30-10:30 Hatha Flow
14 15			7-8 Stretch Restore	40	20
5	16	1/	18	19	20
0-11 am Morning latha	10-11 am Morning Hatha		10-11 am Morning Hatha	10-11 am Morning Hatha	
	6-7pm Slow Flow	6-7 Candlelit Yin	5:30-6:30 Hatha Flow 7-8 Stretch Restore		
		16 11 am Morning 10-11 am Morning	16 17  11 am Morning Hatha Hatha	16 17 18  11 am Morning tha 10-11 am Morning Hatha 6-7pm Slow Flow 6-7 Candlelit Yin 5:30-6:30 Hatha Flow	16 17 18 19  11 am Morning tha 10-11 am Morning Hatha 6-7pm Slow Flow 6-7 Candlelit Yin 5:30-6:30 Hatha Flow

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.