



Eight Limbs Yoga – February 2020 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check our schedule online for the latest changes and additions		www.eightlimbs.ca yoga@eightlimbs.ca 705-321-7519		Unlimited Yoga Monthly Membership \$79.99 Students & Seniors \$69.99		1 8-9 am Vinyasa 9:30-10:30 am Foundational Flow 11am-12pm Kid's Yoga (Age 5 - 10)
2 8-9:15 am Ashtanga Half Primary 9:30-10:30 Happy Hips 6-7 pm Slow Sunday Flow 7:30-8:30 pm Yin/Restore Blend	3 10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm After Work Workout 6-7 pm Vinyasa	4 7:15-8 am Flow, ground, grow 10-11 am Vinyasa 5-5:45 pm Yoga Build 6-7 pm Ladder Flow 7:30-8:30 pm Candlelit Yin	5 7-8 am Morning Hatha 10-11 am Gentle Hatha 12-12:50 pm Pilates 5-5:45 pm Core Flow 6-7:30 pm Ashtanga	6 7:15-8 am Flow, ground, grow 12-12:50 pm Detox Flow 5-5:45 pm Pilates 6-7 pm Beginner Tai-Chi Chuan 7:15-8:15 pm Tai-Chi Chuan	7 7-8 am Slow Flow 10-11 am Gentle Hatha 6-7 pm Ashtanga Short Form	8 8-9 am Vinyasa 9:30-10:30 Foundational Flow 11-12 Kid's Yoga (Age 5 – 10)
9 8-9:15 am Ashtanga 9:30-10:30 Happy Hips 6-7 pm Slow Sunday Flow 7:30-8:30 pm Yin/Restore Blend	10 10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm After Work Workout 6-7 pm Vinyasa	11 7:15-8 am Flow, ground, grow 10-11 am Vinyasa 5-5:45 pm Yoga Build 6-7 pm Hatha Flow 7:30-8:30 pm Candlelit Yin	12 7-8 am Morning Hatha 10-11 am Gentle Hatha 12-12:50 pm Pilates 5-5:45 pm Core Flow 6-7:30 pm Ashtanga	13 7:15-8 am Flow, ground, grow 12-12:50 pm Detox Flow 5-5:45 pm Pilates	14 7-8 am Slow Flow 10-11 am Gentle Hatha 6-7 pm Ashtanga Short Form	15 8-9 am Vinyasa 9:30-10:30 Foundational Flow 11-12 Kid's Yoga (Age 5 – 10) 1 pm Journey to Ashtanga with Lisa
16 8-9:15 am Ashtanga Half Primary 9:30-10:30 Happy Hips 6-7 pm Slow Sunday Flow 7:30-8:30 pm Yin/Restore Blend	17 10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 6-7 pm Vinyasa	18 7-8 Rise and Shine 10-11 am Hatha Flow 5-5:45 pm Yoga Build 6-7 pm Hatha Flow 7:30-8:30 pm Candlelit Yin	19 7-8 am Morning Hatha 10-11 am Gentle Hatha 12-12:50 pm Pilates 5-5:45 pm Core Flow 6-7:30 pm Ashtanga	20 7-8 Rise and Shine 12-12:50 pm Detox Flow 5-5:45 pm Pilates 6-7 pm Beginner Tai-Chi Chuan 7:15-8:15 pm Tai-Chi Chuan	21 7-8 am Slow Flow 10-11 am Gentle Hatha 6-7 pm Ashtanga Short Form	22 8-9 am Vinyasa 9:30-10:30 Foundational Flow 11-12 Kid's Yoga (Age 5 – 10) 1pm Journey to Ashtanga 7pm Didgeridoo Sitar Sound Bath
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