



Eight Limbs Yoga – December Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
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	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm After Work Workout 6-7 pm Vinyasa 7:30-8:30 Tajiquan & Qigong 10 week series	7-9 am Mysore 10-11 am Vinyasa 5-5:45 pm Yoga Build 6-7 pm Ladder Flow 7:30-8:30 pm Candlelit Yin	7-8 am Morning Hatha 10-11 am Gentle Hatha 12-12:50 Pilates 5-5:45 pm Core Flow 6-7:30 pm Ashtanga	7-9 am Mysore 12-12:50 pm Detox Flow 5-5:45 pm Yogic Fruit 6-7 pm Vinyasa 7:30-8:30 pm Candlelit Yin	7-8 am Slow Flow 10-11 am Gentle Hatha & Tea 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Foundational Flow
8	9	10	11	12	13	14
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	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm After Work Workout 6-7 pm Vinyasa 7:30-8:30 Tajiquan & Qigong 10 week series	7-9 am Mysore 10-11 am Vinyasa 5-5:45 pm Yoga Build 6-7 pm Ladder Flow 7:30-8:30 pm Candlelit Yin	7-8 am Morning Hatha 10-11 am Gentle Hatha 12-12:50 Pilates 5-5:45 pm Core Flow 6-7:30 pm Ashtanga	7-9 am Mysore 12-12:50 pm Detox Flow 5-5:45 pm Yogic Fruit 6-7 pm Vinyasa 7:30-8:30 pm Candlelit Yin	7-8 am Slow Flow 10-11 am Gentle Hatha & Tea 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Foundational Flow
15	16	17	18	19	20	21
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	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm After Work Workout 6-7 pm Vinyasa	7-9 am Mysore 10-11 am Vinyasa 5-5:45 pm Yoga Build 6-7 pm Ladder Flow 7:30-8:30 pm Candlelit Yin	7-8 am Morning Hatha 10-11 am Gentle Hatha 12-12:50 Pilates 5-5:45 pm Core Flow 6-7:30 pm Ashtanga	7-9 am Mysore 12-12:50 pm Detox Flow 5-5:45 pm Yogic Fruit 6-7 pm Vinyasa 7:30-8:30 pm Candlelit Yin	7-8 am Slow Flow 10-11 am Gentle Hatha & Tea 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Foundational Flow 7:00-8:30 pm Winter Solstice 108 Gayatri Mantra
22	23	24	25	26	27	28
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	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm After Work Workout 6-7 pm Vinyasa	Enjoy this holiday season to the fullest. Practice self-care and gratitude, while extending compassion and kindness to others. We wish you Peace and Inner Freedom. May all beings become free.			7-8 am Slow Flow 10-11 am Gentle Hatha & Tea 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Foundational Flow
29	30	31	January 1			
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	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm After Work Workout 6-7 pm Vinyasa	5-6 pm Candlelit New Year's Eve Practice All Levels	1-2 pm Free New Year's Day Yoga – All Levels	Merry Xmas & Happy New Year	www.eightlimbs.ca yoga@eightlimbs.ca 705-321-7519	