



Eight Limbs Yoga – January Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Unlimited Yoga Monthly Membership \$79.99 Students & Seniors \$69.99			1-2 FREE New Year's Community Yoga all levels	12-12:50 pm Detox Flow 5-5:45 pm Pilates 6-7 Vinyasa	7-8 am Slow Flow 10-11 am Gentle Hatha 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Foundational Flow 11:30-12:30 Free Tai-Chi Chuan Introduction
5	6	7	8	9	10	11
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	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	12-12:50 pm Detox Flow 5-5:45 pm Pilates 6-7 Beginner Tai-Chi Chuan 7:15-8:15 Tai-Chi Chuan	7-8 am Slow Flow 10-11 am Gentle Hatha 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Foundational Flow
12	13	14	15	16	17	18
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	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	12-12:50 pm Detox Flow 5-5:45 pm Pilates 6-7 Beginner Tai-Chi Chuan 7:15-8:15 Tai-Chi Chuan	7-8 am Slow Flow 10-11 am Gentle Hatha 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Foundational Flow
19	20	21	22	23	24	25
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	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	12-12:50 pm Detox Flow 5-5:45 pm Pilates 6-7 Beginner Tai-Chi Chuan 7:15-8:15 Tai-Chi Chuan	7-8 am Slow Flow 10-11 am Gentle Hatha 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Foundational Flow 11-12 Kids Yoga Introductory Class
26	27	28	29	30		
8-9:15 am Ashtanga Half Primary 9:30-10:30 Happy Hips 3-4:30 Hot Stone Mini Retreat with Cat 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	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	12-12:50 pm Detox Flow 5-5:45 pm Pilates 6-7 Beginner Tai-Chi Chuan 7:15-8:15 Tai-Chi Chuan	www.eightlimbs.ca yoga@eightlimbs.ca 705-321-7519	