

Eight Limbs Yoga – November Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Unlimited Yoga \$79.99 per month \$69.99 students/seniors				www.eightlimbs.ca yoga@eightlimbs.ca 705-321-7519		1	2
						7-8 am Slow Flow 10-11 am Gentle Hatha & Tea 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 10-11 am October Challengers Crystal Bowl Sound Bath 1-2 pm All Level Hatha
3	4	5	6	7	8	9	
8-9:15 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 6-7 pm Slow Sunday Flow 7:30-8:30 pm Rest & Restore	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 Taijquan & Qigong 10 week series	7-9 am Mysore 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 & Tea 5-5:45 pm Core Flow 6-7:30 pm Ashtanga 8-9 pm Rest & Restore	7-9 am Mysore 12-12:50 pm Detox Flow 5-5:45 pm Yogic Fruit 6-7 pm Hardcore Hatha 730-8:30 pm Candlelit Yin	7-8 am Slow Flow 10-11 am Gentle Hatha & Tea 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 1-2 pm All Level Hatha	
10	11	12	13	14	15	16	
8-9:15 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 6-7 pm Slow Sunday Flow 7:30-8:30 pm Rest & Restore	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 Taijquan & Qigong 10 week series	7-9 am Mysore 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 & Tea 5-5:45 pm Core Flow 6-730 pm Ashtanga 8-9 pm Rest & Restore	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 9:30-11:30 Living in the Moment, a Buddhist Perspective 1-5 pm Holiday Market	
17	18	19	20	21	22	23	
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24	25	26	27	28	29	30	
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