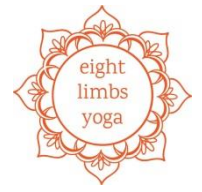




Eight Limbs Yoga – September Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
OPEN HOUSE 10:30-4:00	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm Murray's Mystery Mondays 6-7 pm Vinyasa 7:30-8:30 pm Beginner Hatha	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 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
15	16	17	18	19	20	21
8-9:15 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 6-7 pm Slow Sunday Flow 8-9 pm Rest & Restore	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm Murray's Mystery Mondays 6-7 pm Vinyasa 7:30-8:30 pm Beginner Hatha	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 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 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 10-11:30 Sun Salutation Workshop With Lisa & Murray
22	23	24	25	26	27	28
8-9:15 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 6-7 pm Slow Sunday Flow 8-9 pm Rest & Restore	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm Murray's Mystery Mondays 6-7 pm Vinyasa 7:30-8:30 Taijiquan & 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 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
29	30					
8-9:15 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 6-7 pm Slow Sunday Flow 8-9 pm Rest & Restore	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5-5:45 pm Murray's Mystery Mondays 6-7 pm Vinyasa 7:30-8:30 Taijiquan & Qigong 10 week series				www.eightlimbs.ca yoga@eightlimbs.ca 705-321-7519	

