



# Eight Limbs Yoga – May Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips	7-8 am Rise & Shine 10-11 am Gentle Hatha  5:30 -6:30 pm Feeling Good Super Slow Flow	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings  5-5:50 pm Conscious Clear & Calm 6:30-7:30 pm Vin-Yin	7-8 am Rise & Shine 10-11 am Gentle Hatha  12-12:50 Pilates  5:30-7 pm Ashtanga	7-8 am Rise & Shine 12-12:50 pm Core Connection  5-5:45 pm Core Flow 6:30 pm Moon Salutation Flow & Restore	7-8 am Rise & Shine 10-11 am Gentle Hatha  5:30-6:30 pm Ashtanga Short Form	9:30-10:30 Good Morning Flow
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
8-9 am Ashtanga Half Primary	7-8 am Rise & Shine 10-11 am Gentle Hatha  5:30 -6:30 pm Feeling Good Super Slow Flow	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings  5-5:50 pm Conscious Clear & Calm 7-8 pm Evening Yin	7-8 am Rise & Shine 10-11 am Gentle Hatha  12-12:50 Core Connection  5:30-7 pm Ashtanga	7-8 am Rise & Shine  5-5:45 pm Core Flow 7-8 pm Moon Salutation Flow & Restore	7-8 am Rise & Shine 10-11 am Gentle Hatha  5:30-6:30 pm Ashtanga Short Form	9:30-10:30 Good Morning Flow
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
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<b>30</b>	<b>31</b>					
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