



Eight Limbs Yoga – September Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p>MONTHLY MEMBERSHIP UNLIMITED YOGA \$87.50 STUDENTS/SENIORS \$79.50</p>			7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-7 pm Ashtanga	7-8 am Rise & Shine 10-11 am Vinyasa 5-5:45 Asana Strength 7-8 pm Stretch Restore & Sleep	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
			5	6	7	8
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips		7-8 am Rise & Shine 12-12:50 Love Your Hips & Hamstrings 5-6 pm Yoga/Pilates Fusion 7-8 pm Yin & Nidra	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-7 pm Ashtanga	7-8 am Rise & Shine 12-1 pm Vinyasa 5-5:45 Asana Strength 7-8 pm Stretch Restore & Sleep	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-6:30 pm Ashtanga Short Form	8-9 am Good Morning Hatha 9:30-10:30 Good Morning Flow
12	13	14	15	16	17	18
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 7-8 pm Yoga for EveryBody		7-8 am Rise & Shine 12-12:50 Love Your Hips & Hamstrings 5-6 pm Yoga/Pilates Fusion 7-8 pm Yin & Nidra	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-7 pm Ashtanga	7-8 am Rise & Shine 12-1 pm Vinyasa 5-5:45 Asana Strength 7-8 pm Stretch Restore & Sleep	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-6:30 pm Ashtanga Short Form	8-9 am Good Morning Hatha 9:30-10:30 Good Morning Flow
19	20	21	22	23	24	25
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 7-8 pm Yoga for EveryBody		7-8 am Rise & Shine 12-12:50 Love Your Hips & Hamstrings 5-6 pm Yoga/Pilates Fusion 7-8 pm Yin & Nidra	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-7 pm Ashtanga	7-8 am Rise & Shine 12-1 pm Vinyasa 5-5:45 Asana Strength 7-8 pm Stretch Restore & Sleep	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-6:30 pm Ashtanga Short Form	8-9 am Good Morning Hatha 9:30-10:30 Good Morning Flow 11-12:30 Breathe with Chris Workshop
26	27	28	29	30		
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 7-8 pm Yoga for EveryBody		7-8 am Rise & Shine 12-12:50 Love Your Hips & Hamstrings 5-6 pm Yoga/Pilates Fusion 7-8 pm Yin & Nidra	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-7 pm Ashtanga	CLOSED in observance of National Day for Truth & Reconciliation		

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