



Eight Limbs APRIL 2024 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Flow 7-8 Pranayama Restore	10-11 am Morning Hatha 5:30-6:30 Ladder Flow	10-11 am Morning Hatha 5:30-6:30 Flow 7-8 Stretch Restore	7-8 am Morning Sadhana 10-11 am Morning Hatha YTT	9-10 Vinyasa 10:30-11:30 Morning Hatha YTT
7	8	9	10	11	12	13
8-9 am Slow Flow 9:30-10:30 Happy Hips YTT 7-8 pm Rest & Restore	530-630 Beginner Series 7-8 Evening Yin	7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Flow Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:30 Ladder Flow	10-11 am Morning Hatha 5:30-6:30 Flow 7-8 Stretch Restore	7-8 am Morning Sadhana 10-11 am Morning Hatha	9-10 Vinyasa 10:30-11:30 Morning Hatha
14	15	16	17	18	19	20
8-9 am Slow Flow 9:30-10:30 Happy Hips	530-630 Beginner Series 7-8 Evening Yin	7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:45 pm Ladder Flow	10-11 am Morning Hatha 5:30-6:30 Flow 7-8 Stretch Restore	7-8 am Morning Sadhana 10-11 am Morning Hatha	9-10 Flo Vinyasa 10:30-11:30 Morning Hatha
21	22	23	24	25	26	27
8-9 am Slow Flow 9:30-10:30 Happy Hips 7-8 pm Rest & Restore	530-630 Beginner Series 7-8 Evening Yin	7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:45 pm Ladder Flow	10-11 am Morning Hatha 5:30-6:30 Flow 7-8 Stretch Restore	7-8 am Morning Sadhana 10-11 am Morning Hatha YTT	9-10 Vinyasa 10:30-11:30 Morning Hatha YTT
28	29	30	31			
8-9 am Slow Flow 9:30-10:30 Happy Hips YTT	530-630 Beginner Series 7-8 Evening Yin	7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:45 pm Ladder Flow		Check online for the most up to date schedule.	

www.eightlimbs.ca

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