



Eight Limbs AUGUST 2025 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
10 am Morning Hatha Classes Tuesday – grounding Wednesday – hips Thursday – shoulders & spine Friday – energize						
3	4	5	6	7	8	9
		10-11 am Morning Hatha 5:30-6:30 Slow Flow	10-11 am Morning Hatha 6-7 Deep Stretch	10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Stretch Restore	10-11 am Morning Hatha 7-8 Sacred Evenings	9:30-10:30 Hatha Flow
10	11	12	13	14	15	16
9:30-10:30 Happy Hips		10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Somatic Release	10-11 am Morning Hatha 6-7 Deep Stretch	10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Stretch Restore	10-11 am Morning Hatha	Closed for Car Show
17	18	19	20	21	22	23
9:30-10:30 Happy Hips		10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Somatic Release	10-11 am Morning Hatha 6-7 Deep Stretch	10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Stretch Restore	10-11 am Morning Hatha 7-8 Sacred Evenings	9:30-10:30 Hathq Flow
24/31	25	26	27	28	29	30
9:30-10:30 Happy Hips 12pm 24th – Yamas & Niyamas		10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Somatic Release	10-11 am Morning Hatha 6-7 Deep Stretch	10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Stretch Restore	10-11 am Morning Hatha	9:30-10:30 Hathq Flow

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