



# Eight Limbs Yoga – December Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
<b>Unlimited Yoga Monthly Membership \$95-\$115</b>				12-1250 Love your Shoulders & Spine  5-6 Strong Hatha 7-8 Stretch Restore Sleep	10-11 Morning Hatha  530-645 Ashtanga	9-10 Good Morning Flow 1030-1130 Morning Hatha
		4	5	6	7	8
930-1030 Happy Hips <b>11-12 Free Community Class</b>  7-8 Rest & Restore		12-1250 Love your Hips & Hamstrings  5-6 Slow Flow 7-8 Yoga Nidra	10-11 Morning Hatha  530-645 Hatha Flow	12-1250 Love your Shoulders & Spine  5-6 Strong Hatha 7-8 Stretch Restore Sleep	10-11 Morning Hatha  530-645 Ashtanga	9-10 Good Morning Flow 1030-1130 Morning Hatha <b>7-830 Sound Bath with juniper Moon</b>
11	12	13	14	15	16	17
930-1030 Happy Hips  7-8 Rest & Restore		12-1250 Love your Hips & Hamstrings  5-6 Vinyasa Flow 7-8 Yoga Nidra	10-11 Morning Hatha  530-645 Hatha Flow	12-1250 Love your Shoulders & Spine  5-6 Strong Hatha 7-8 Stretch Restore Sleep	10-11 Morning Hatha  530-645 Ashtanga	9-10 Good Morning Flow 1030-1130 Morning Hatha
18	19	20	21	22	23	24
930-1030 Happy Hips  7-8 Rest & Restore		12-1250 Love your Hips & Hamstrings  5-6 Vinyasa Flow 7-8 Yoga Nidra	10-11 Morning Hatha  530-645 Hatha Flow	12-1250 Love your Shoulders & Spine  5-6 Strong Hatha 7-8 Stretch Restore Sleep	10-11 Morning Hatha	<b>10-11 Happy Hips</b>
25	26	27	28	29	30	31
<b>HAPPIEST OF HOLIDAYS TO YOU MAY ALL BEINGS BE FREE OM SHANTI</b>		12-1250 Love your Hips & Hamstrings  5-6 Vinyasa Flow 7-8 Yoga Nidra	10-11 Morning Hatha  530-645 Hatha Flow	12-1250 Love your Shoulders & Spine  5-6 Strong Hatha 7-8 Stretch Restore Sleep	10-11 Morning Hatha	<b>5-6 New Years Eve Candlelit Flow</b>