



Eight Limbs OCTOBER 2025 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
10 am Morning Hatha Classes Tuesday – grounding Wednesday – hips Thursday – shoulders & spine Friday – energize			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 Hatha Flow
5	6	7	8	9	10	11
9:30-10:30 Happy Hips		10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Evening Unwind	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 Hatha Flow 11-12 YTT Restore
12	13	14	15	16	17	18
9:30-10:30 Happy Hips		10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Evening Unwind	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 Hatha Flow
19	20	21	22	23	24	25
9:30-10:30 Happy Hips 1-3 Calm Waters A practice Supporting mental health		10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Evening Unwind	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 Hatha Flow
26	27	28	29	30	31	
9:30-10:30 Happy Hips 12pm Yamas & Niyamas		10-11 am Morning Hatha 5:30-6:30 Slow Flow 7-8 Evening Unwind	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	

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