



# Eight Limbs Yoga – JULY Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p><b>MONTHLY MEMBERSHIP DEDICATION \$95.00</b>  <b>FREEDOM \$115.00</b></p>					 10-11 am Morning Hatha	9:30-10:30 Good Morning Flow
3	4	5	6	7	8	9
9:30-10:30 Happy Hips	<p><b>Long Weekend</b></p> 	12-12:50 Love Your Hips & Hamstrings 5-6 pm Vinyasa 7-8 pm Yin & Nidra	10-11 am Morning Hatha 5:30-6:45 pm Strong Hatha Flow	12-12:50 Love your Shoulders & Spine 5-6 pm Strong Hatha 7-8 pm Stretch & Restore	10-11 am Morning Hatha 5:30-6:45 pm Ashtanga	8-9 am Good Morning Stretch 9:30-10:30 Good Morning Flow
10	11	12	13	14	15	16
9:30-10:30 Happy Hips	5-6 pm Slow Flow 6:30-7:30 pm Hatha	12-12:50 Love Your Hips & Hamstrings 5-6 pm Vinyasa 7-8 pm Yin & Nidra	10-11 am Morning Hatha 5:30-6:45 pm Strong Hatha Flow	12-12:50 Love your Shoulders & Spine 5-6 pm Strong Hatha 7-8 pm Stretch & Restore	10-11 am Morning Hatha 5:30-6:45 pm Ashtanga	8-9 am Good Morning Stretch 9:30-10:30 Good Morning Flow
17	18	19	20	21	22	23
9:30-10:30 Happy Hips	5-6 pm Slow Flow 6:30-7:30 pm Hatha	12-12:50 Love Your Hips & Hamstrings 5-6 pm Vinyasa 7-8 pm Yin & Nidra	10-11 am Morning Hatha 5:30-6:45 pm Strong Hatha Flow	12-12:50 Love your Shoulders & Spine 5-6 pm Strong Hatha 7-8 pm Stretch & Restore	10-11 am Morning Hatha 5:30-6:45 pm Ashtanga	8-9 am Good Morning Stretch 9:30-10:30 Good Morning Flow
24	25	26	27	28	29	30
9:30-10:30 Happy Hips	5-6 pm Slow Flow 6:30-7:30 pm Hatha	12-12:50 Love Your Hips & Hamstrings 5-6 pm Vinyasa 7-8 pm Yin & Nidra	10-11 am Morning Hatha 5:30-6:45 pm Strong Hatha Flow	12-12:50 Love your Shoulders & Spine 5-6 pm Strong Hatha 7-8 pm Stretch & Restore	10-11 am Morning Hatha	9:30-10:30 Good Morning Flow

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