



# Eight Limbs Yoga – MARCH 2023 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10-11 am Morning Hatha	12-12:50 Love your Shoulders & Spine 5:30-6:30 Pilates 7-8 Stretch & Restore	10-11 am Morning Hatha 12-12:50 Noon Flow	9-10 Morning Flow 10:30-11:30 Morning Hatha
5	6	7	8	9	10	11
9:30-10:30 Happy Hips <b>2:30 -3:45 Meditation with Gen Kelsang Suma</b>	5:15-6:30 Sivananda Yoga 7-8 Slow Stretch	12-12:50 Love Your Hips & Hamstrings 5:15-6:30 Ashtanga 7-8 pm Evening Hatha	10-11 am Morning Hatha 5:30-6:45 pm Strong Hatha Flow	12-12:50 Love your Shoulders & Spine 5:30-6:30 Pilates 7-8 Stretch & Restore	10-11 am Morning Hatha 12-12:50 Noon Flow	9-10 Morning Flow 10:30-11:30 Morning Hatha
12	13	14	15	16	17	18
9:30-10:30 Happy Hips <b>2:30 -3:45 Meditation with Gen Kelsang Suma</b> 7-8pm Rest & Restore	5:15-6:30 Sivananda Yoga 7-8 Slow Stretch	12-12:50 Love Your Hips & Hamstrings 5:15-6:30 Ashtanga 7-8 pm Evening Hatha	10-11 am Morning Hatha 5:30-6:45 pm Strong Hatha Flow	12-12:50 Love your Shoulders & Spine 5:30-6:30 Pilates 7-8 Stretch & Restore	10-11 am Morning Hatha 12-12:50 Noon Flow	9-10 Morning Flow 10:30-11:30 Morning Hatha
19	20	21	22	23	24	25
9:30-10:30 Happy Hips <b>2:30 -3:45 Meditation with Gen Kelsang Suma</b>	5:15-6:30 Slow Flow 7-8 Slow Stretch	12-12:50 Love Your Hips & Hamstrings 5:15-6:30 Ashtanga 7-8 pm Evening Hatha	10-11 am Morning Hatha 5:30-6:45 pm Strong Hatha Flow	12-12:50 Love your Shoulders & Spine 5:30-6:30 Pilates 7-8 Stretch & Restore	10-11 am Morning Hatha 12-12:50 Noon Flow <b>5-6:15 Kapha Spring Flow</b>	10-11 am Morning Hatha 12-12:50 Noon Flow <b>1-5 Finding Freedom with Kathryn Jeffries</b>
26	27	28	29	30	31	
9:30-10:30 Happy Hips <b>2:30 -3:45 Meditation with Gen Kelsang Suma</b> 7-8pm Rest & Restore	5:15-6:30 Sivananda Yoga 7-8 Slow Stretch	12-12:50 Love Your Hips & Hamstrings 5:15-6:30 Ashtanga 7-8 pm Evening Hatha	10-11 am Morning Hatha 5:30-6:45 pm Strong Hatha Flow	12-12:50 Love your Shoulders & Spine 5:30-6:30 Pilates 7-8 Stretch & Restore	10-11 am Morning Hatha 12-12:50 Noon Flow	

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