



Eight Limbs MAY 2024 Schedule



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|--|
| Check online for the most up to date schedule. | | | | | | |
| | | 7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha | 1 10-11 am Morning Hatha 5:30-6:30 Ladder Flow | 2 10-11 am Morning Hatha 5:30-6:30 Prana Flow 7-8 Stretch Restore | 3 7-8 am Morning Sadhana 10-11 am Morning Hatha 12-1 Yin YTT | 4 9-10 Vinyasa 10:30-11:30 Morning Hatha YTT |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 8-9 am Slow Flow 9:30-10:30 Happy Hips YTT 7-8 pm Rest & Restore | 12-1 Nidra Flow 530-630 Beginner Series 7-8 Evening Yin | 7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha | 10-11 am Morning Hatha 5:30-6:30 Ladder Flow | 10-11 am Morning Hatha 5:30-6:30 Prana Flow 7-8 Stretch Restore | 7-8 am Morning Sadhana 10-11 am Morning Hatha 12-1 Yin | 9-10 Vinyasa 10:30-11:30 Morning Hatha |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 8-9 am Slow Flow 9:30-10:30 Happy Hips | 12-1 Nidra Flow 530-630 Beginner Series 7-8 Evening Yin | 7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha | 10-11 am Morning Hatha 5:30-6:45 Ladder Flow | 10-11 am Morning Hatha 5:30-6:30 Prana Flow 7-8 Stretch Restore | 7-8 am Morning Sadhana 10-11 am Morning Hatha | 9-10 Vinyasa 10:30-11:30 Morning Hatha |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 8-9 am Slow Flow 9:30-10:30 Happy Hips | May Long Weekend 7-8 Evening Yin | 7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha | 10-11 am Morning Hatha 5:30-6:45 Ladder Flow | 10-11 am Morning Hatha 5:30-6:30 Prana Flow 7-8 Stretch Restore | 7-8 am Morning Sadhana 10-11 am Morning Hatha 12-1 Yin YTT | 9-10 Vinyasa 10:30-11:30 Morning Hatha YTT |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| 8-9 am Slow Flow 9:30-10:30 Happy Hips YTT 7-8 pm Rest & Restore | 12-1 Nidra Flow 7-8 Evening Yin | 7-8 am Morning Sadhana 10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha | 10-11 am Morning Hatha 5:30-6:45 Ladder Flow | 10-11 am Morning Hatha 5:30-6:30 Prana Flow 7-8 Stretch Restore | 7-8 am Morning Sadhana 10-11 am Morning Hatha 12-1 Yin YTT | |