



Eight Limbs Yoga – November Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8-9 am Ashtanga 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Beginner Yoga	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine 12-12:50 pm Fun Flow 5-5:45 pm Core Flow 6:30-7:30 pm Tai-chi- quan & Qi-gong	7-8 am Rise & Shine 10-11 am Gentle Hatha 5-6 pm Pilates 5:30-6:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin 11-12 Pranayama
8	9	10	11	12	13	14
8-9 am Ashtanga 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Beginner Yoga	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine 12-12:50 pm Fun Flow 5-5:45 pm Core Flow 6:30-7:30 pm Tai-chi- quan & Qi-gong	7-8 am Rise & Shine 10-11 am Gentle Hatha 5-6 pm Pilates 6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin 11-12 Pranayama 7-8:30 pm Sound Bath with Lotus Sound
15	16	17	18	19	20	21
8-9 am Ashtanga 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Beginner Yoga	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine 12-12:50 pm Fun Flow 5-5:45 pm Core Flow	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Slow Flow 5-6 pm Pilates 6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin 11-12 Pranayama
22	23	24	25	26	27	28
8-9 am Ashtanga 9:30-10:30 am Happy Hips	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Evening Surrender	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5:30-7 pm Ashtanga 7:30-8:30 pm Meditation	7-8 am Rise & Shine 12-12:50 pm Fun Flow 5-5:45 pm Core Flow 6:30-7:30 pm Yoga for Men	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Slow Flow 5-6 pm Pilates 6:30-7:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin 11-12 Pranayama
29	30				MONTHLY MEMBERSHIP UNLIMITED YOGA \$87.50 STUDENTS/SENIORS \$79.50	
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Evening Surrender					

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