

8 LIMBS YOGA **CAPITOL HILL** SPRING SCHEDULE EFFECTIVE FEBRUARY 1, 2017

Monday

6:30 – 7:30am	ALL LEVELS FLOW with Nancy	
9:30 – 10:45am	ALL LEVELS with Jenny	
12:00 – 1:15pm	LEVEL II FLOW with Andreas	Vigorous flow
4:00 – 5:15pm	LEVEL I with Sally	Restorative last Mon/mo.
5:45 – 7:00pm	PRENATAL with Rebekah	<i>(Chandra)</i>
5:45 – 7:00pm	ALL LEVELS with Adi	
7:15 – 8:30pm	RESTORATIVES with Adi	<i>(Chandra)</i>
7:15 – 8:45pm	LEVEL II-III FLOW with Nancy	

Tuesday

6:30 – 7:45am*	ALL LEVELS FLOW with Jeff	
10:00 – 11:30am	LEVEL II with Kate	Childcare available, \$5/child
12:00 – 1:15pm*	ALL LEVELS with Douglas	
1:30 – 2:45pm	POSTNATAL with Rebekah	
4:00 – 5:15pm	LEVEL II FLOW with Nancy	\$8 Community Class
5:15 – 5:45pm	MEDITATION with Kathleen	<i>(Chandra)</i> By donation
5:45 – 7:00pm	LEVEL I with Lauren	
6:00 – 7:15pm	INTRO TO YOGA with Kathleen	<i>(Chandra)</i> Series; See website for dates
7:15 – 8:30pm	LEVEL II Flow with Cobey	Vigorous flow

Wednesday

6:30 – 7:30am	ALL LEVELS FLOW with Nancy	
7:45 – 8:15am	MEDITATION with Nancy	By donation
9:30 – 10:45am	ALL LEVELS with Tami	
12:00 – 1:15pm	LEVEL II FLOW with Andreas	Vigorous flow
4:00 – 5:15pm	ALL LEVELS FLOW with Jen M.	Focus on alignment & adjustments
5:45 – 7:00pm	LEVEL II-III with Douglas	Live music with Stephen Fandrich
5:45 – 7:00pm	Deepening Series: Dharana with Jenny	Series 3/1 – 4/5 <i>(Chandra)</i>
5:45 – 7:00pm	Intro to Yoga II with Kathleen	Series 4/12 – 5/17 <i>(Chandra)</i>
7:15 – 8:30pm	YOGA FOR 50+ with Sally	<i>(Chandra)</i> Restorative last Wed/mo.
7:15 – 8:30pm	LEVEL I with Douglas	Live Music with Stephen Fandrich

Thursday

6:30 – 7:45am*	ALL LEVELS FLOW with Jeff	
10:00 – 11:30am	LEVEL II with Lauren	Childcare available \$5/child
12:00 – 1:15pm*	ALL LEVELS with Douglas	
4:00 – 5:15pm	LEVEL I with Maritza	
5:45 – 7:00pm	ALL LEVELS FLOW with Lauren	
7:15 – 8:45pm	LEVEL II-III FLOW with Jeff	<i>(Chandra)</i> 2/9, 3/2
7:15 – 8:45pm	YOGA FOR POC HEALING with Genevieve	<i>(Chandra)</i> By donation; Monthly 2/2, 3/30, 4/6, 5/4
9:00 – 10:00pm	SATSANG with Lady Krishna	By donation

Friday

6:30 – 7:30am	ALL LEVELS FLOW with Amelia	
10:00 – 11:15am	ALL LEVELS with Tami	
12:00 – 1:15 pm	LEVEL II FLOW with Terilyn	
12:15 – 1:15pm	YOGA TUNE UP® with Tracy	<i>(Chandra)</i> Canceled 3/17, 4/28
4:30 – 5:30pm	ALL LEVELS with Lauren	
5:45 – 7:00pm	LEVEL II FLOW with Cobey	Vigorous flow
6:00 – 7:15pm	GENTLE with Lasara	<i>(Chandra)</i> with Pranayama/Meditation
7:15 – 8:30pm	DEVOTIONAL FLOW with Erika	

Saturday

7:30 – 8:45am	ALL LEVELS FLOW with Claudette	
9:00 – 10:15am	LEVEL I with Douglas	
10:30 – 12:00pm	LEVEL II FLOW with Douglas	
3:30 – 4:45pm	LEVEL II with Lance	
5:00 – 6:15pm	ALL LEVELS FLOW with Cobey	Focus on alignment & body awareness

Sunday

9:00 – 10:15am	LEVEL I with Adi	
10:30 – 12:00pm	DEVOTIONAL FLOW with Amelia/Nancy	Bhakti focus, live music w/ Steve Grant
3:30 – 4:45pm	ALL LEVELS with Terilyn	<i>(Chandra)</i> 2/12, 3/5
5:00 – 6:30pm	ALL LEVELS FLOW with Terilyn	Vigorous flow

* Teacher will provide an appropriate ending for your practice after one hour for those with limited time.

8 LIMBS YOGA PHINNEY RIDGE SPRING SCHEDULE EFFECTIVE FEBRUARY 1, 2017

Monday

6:30 – 7:30am	ALL LEVELS FLOW with Lauren	
9:45 – 11:00am	ALL LEVELS FLOW with MJ	
12:00 – 1:15pm*	LEVEL II FLOW with Terilyn	
4:00 – 5:00pm	KIDS YOGA with Maritza	Series, 1/9–3/6, 3/13–5/8
5:45 – 7:00pm	PRENATAL with Robyn	(Satya)
5:45 – 7:00pm	LEVEL I with Marni	
7:15 – 8:30pm	LEVEL II FLOW with Maritza	

Tuesday

6:30 – 7:30am	ALL LEVELS FLOW with Amelia	
9:30 – 10:45am	ALL LEVELS FLOW with Karen	Vinyasa fundamentals
2:00 – 3:15pm	YOGA for 50+ with Chiara	
4:00 – 5:15pm	LEVEL I with Karen	
5:45 – 7:00pm	ALL LEVELS FLOW with MJ	
6:00 – 7:15pm	SOMAT with Chiara	(Satya)
7:30 – 8:45pm	LEVEL II FLOW with Jay	
7:30 – 8:45pm	INTRO TO YOGA II with Karen	(Satya) Series, 3/7–4/11

Wednesday

6:30 – 7:30am	ALL LEVELS FLOW with Lauren	
9:45 – 11:00am	ALL LEVELS with Chiara	Core focus
12:00 – 1:15pm*	LEVEL II FLOW with Terilyn	
1:30 – 2:45pm	POSTNATAL with Kristen	
4:00 – 5:00pm	TWEEN/TEEN YOGA with Rebecca	(Satya) Series, 1/11–3/8, 3/15–5/10 (Mindfulness focus)
4:15 – 5:30pm	YIN with Karen	
5:45 – 7:00pm	ALL LEVELS with Chiara	Core Focus
6:00 – 7:15pm	INTRO TO MEDITATION with Misha	(Satya) Series, 4/19–5/24
7:15 – 8:30pm	LEVEL I with Lauren	

Thursday

6:30 – 7:30am	ALL LEVELS FLOW with Amelia	
8:00 – 9:15am	YOGA TUNE UP® with Tess	
9:30 – 10:45am	ALL LEVELS with Karen	
10:45 – 11:15am	MEDITATION with Karen	By donation
12:00 – 1:00pm	ALL LEVELS FLOW with Em	Core focus
2:00 – 3:15pm	YOGA for 50+ with Chiara	
4:30 – 5:30pm	ALL LEVELS FLOW with Lasara	\$8 Community class
5:45 – 7:00pm	LEVEL II FLOW with Cobey	Vigorous Flow
7:15 – 8:30pm	INTRO TO YOGA with Karen	Series; see website for dates
7:30 – 8:45pm	LEVEL I with Kimberly	(Satya)

Friday

6:30 – 7:30am	ALL LEVELS FLOW with Tracy	
9:00 – 10:15am	ALL LEVELS with Tracy	Yoga Nidra last half hour of class on last Fri of month
4:45 – 6:00pm	ALL LEVELS FLOW with Maritza	
6:15 – 7:30pm	YIN with Misha	Mindfulness focus

Saturday

7:30 – 8:45am	ALL LEVELS with Amelia	\$8 Community class
9:00 – 10:15am	LEVEL II FLOW with Amelia	
10:30 – 11:45am	LEVEL I with Flower	
4:30 – 5:45pm	ALL LEVELS FLOW with Em	

Sunday

9:00 – 10:15am	LEVEL I with Misha	Focus on alignment & body awareness
10:30 – 12:00pm	LEVEL II FLOW with Misha	
3:15 – 4:30pm	LEVEL I with Lasara	Focus on breath awareness
4:45 – 6:00pm	ALL LEVELS with Lasara	

* Teacher will provide an appropriate ending for your practice after one hour for those with limited time.

8 LIMBS YOGA WEDGWOOD SPRING SCHEDULE EFFECTIVE FEBRUARY 1, 2017

Monday

6:30 - 7:30am	ALL LEVELS FLOW with Genevieve	
8:00 - 9:15am	ALL LEVELS FLOW with Marni	
9:30 - 10:45am	LEVEL II with Chiara	Core Focus
4:00 - 5:15pm	YIN with Karen	
6:00 - 7:00pm	ALL LEVELS FLOW with Amelia	
7:15 - 8:30pm	INTRO TO YOGA II with Lasara	Series, 2/27-4/3

Tuesday

6:30 - 7:30am	ALL LEVELS FLOW with Kathleen	
9:30 - 10:45am	LEVEL II FLOW with Andreas	
1:30 - 2:45pm	POSTNATAL with Kristen	
4:00 - 5:15pm	ALL LEVELS FLOW with Xanna	Focus on alignment and body awareness
6:00 - 7:00pm	ALL LEVELS with Misha	
7:15 - 8:30pm	INTRO TO YOGA with Misha	Series; see website for dates

Wednesday

6:30 - 7:30am	ALL LEVELS FLOW with Genevieve	
7:45 - 8:15am	MEDITATION with Genevieve	By donation
9:30 - 10:45am	LEVEL II FLOW with Marni	
12:00 - 1:15pm	YOGA TUNE UP® with Tess	
5:45 - 7:00pm	ALL LEVELS with Megan	Chakra focus
7:15 - 8:45pm	LEVEL II-III FLOW with Maritza	

Thursday

6:30- 7:30am	ALL LEVELS FLOW with Kathleen	
8:00 - 9:15am	ALL LEVELS FLOW with Misha	\$8 Community class
9:30 - 10:45am	ALL LEVELS with Misha	
11:15 - 12:30pm	YOGA FOR 50+ with Misha	
5:45 - 7:00pm	PRENATAL with Megan (Anne Phyfe 3/2-5/11)	
7:15 - 8:30pm	LEVEL I with Lasara	

Friday

9:30 - 10:45am	LEVEL II with Marni	
4:00 - 5:15pm	ALL LEVELS FLOW with Bayeshan	
5:30 - 6:45pm	GENTLE with Bayehan	Restorative focus.
7:00 - 8:15pm	SOUND BATH with Megan	2/3 & 5/5

Saturday

9:00 - 10:30am	LEVEL II with Barbara	
10:45 - 12:00pm	LEVEL I with Barbara	
4:45 - 6:00pm	ALL LEVELS FLOW with Maritza	Canceled 2/11, 3/4

Sunday

9:00 - 10:30am	LEVEL II with Douglas	
10:45 - 12:00pm	ALL LEVELS with Douglas	
3:30 - 4:30pm	TWEEN/TEEN YOGA with Jen O.	Series, 1/8-3/5, 3/12-5/7
4:45 - 6:00pm	ALL LEVELS FLOW with Nancy	
6:15 - 7:30pm	DEEPENING: MUKTA DANCE with Maritza	Series, 3/5-4/9

8 LIMBS YOGA WEST SEATTLE SPRING SCHEDULE EFFECTIVE FEBRUARY 1, 2017

Monday

9:30 – 10:45am	ALL LEVELS FLOW with Terilyn	
12:00 – 1:15pm	LEVEL II FLOW with Rosie	
4:30 – 5:45pm	GENTLE with Alex	\$8 Community class
6:00 – 7:15pm	ALL LEVELS FLOW with Alex	
7:30 – 8:45pm	INTRO TO YOGA with Alex	Series, see website for dates

Tuesday

6:30 – 7:30am	ALL LEVELS FLOW with Deborah
9:30 – 10:45am	ALL LEVELS with Alex
12:00 – 1:15pm	ALL LEVELS FLOW with Biola
4:30 – 5:45pm	LEVEL II with Rosie
6:00 – 7:15pm	ALL LEVELS FLOW with Amelia
7:30 – 8:45pm	ALL LEVELS with Amy

Wednesday

9:30 – 10:45am	LEVEL II FLOW with Terilyn
12:00 – 1:15pm	ALL LEVELS FLOW with Deborah
4:00 – 5:15pm	LEVEL I with Biola
5:45 – 7:00pm	PRENATAL with Alex/Elena
7:15 – 8:30pm	ALL LEVELS With Alex

Thursday

6:30 – 7:30am	ALL LEVELS FLOW with Biola	
9:30 – 10:45am	LEVEL II with Sally	
11:15 – 12:30pm	YOGA FOR 50+ with Sally	Restorative last Thurs/mo.
4:15 – 5:30pm	LEVEL II FLOW with Andreas	
5:45 – 7:00pm	LEVEL I with Tracy	Restorative last Thurs/month
7:15 – 8:30pm	DEEPENING: PRANAYAMA/SUTRA/MEDITATION with Jonna	Series 3/2–4/6
7:15 – 8:30pm	INTRO TO YOGA II with Alex	Series 4/13–5/18

Friday

9:30 – 10:45am	ALL LEVELS FLOW with Terilyn	Yoga Nidra 10:45-11:00am
4:30 – 5:45pm	ALL LEVELS with Jonna	
6:00 – 7:00pm	LEVEL II FLOW with Amy	

Saturday

9:00 – 10:30am	LEVEL II FLOW with Tracy	
10:45 – 12:00pm	LEVEL I with Tracy	
4:00 – 5:15pm	RESTORATIVES with Jonna	\$8 Community Class

Sunday

9:00 – 10:15am	DEVOTIONAL FLOW with Terilyn	Bhakti Focus
10:45 – 12:00pm	YOGA TUNE UP® with Tracy/Tess	
5:00 – 6:15pm	ALL LEVELS with Jonna	Restorative last Sun/month