

8 LIMBS YOGA **CAPITOL HILL** SUMMER SCHEDULE EFFECTIVE JUNE 1, 2017

Schedule Changes in **RED**

Monday

6:30 - 7:30am	ALL LEVELS FLOW with Nancy	
9:30 - 10:45am	ALL LEVELS with Jenny	
Noon - 1:15pm	LEVEL II FLOW with Andreas	Vigorous flow
4:00 - 5:15pm	LEVEL I with Sally	Restorative last Mon of the month (Chandra)
5:45 - 7:00pm	PRENATAL with Megan K.	
5:45 - 7:00pm	ALL LEVELS with Adi	
7:15 - 8:30pm	RESTORATIVES with Adi	(Chandra)
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
Noon - 1:15pm*	ALL LEVELS with Douglas	
1:30 - 2:45pm	POSTNATAL with Anne Phyfe/Ara	
4:00 - 5:15pm	LEVEL II FLOW with Nancy	\$8 Community Class
5:15 - 5:45pm	MEDITATION with Kathleen	(Chandra) By donation
5:45 - 7:00pm	LEVEL I with Lauren	
6:00 - 7:15pm	INTRO TO YOGA with Kathleen	(Chandra) 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	SATSANG with Nancy	By donation
9:30 - 10:45am	ALL LEVELS with Tami	
Noon - 1:15pm	LEVEL II FLOW with Andreas	Vigorous flow
4:00 - 5:15pm	ALL LEVELS FLOW with Maritza	
5:45 - 7:00pm	LEVEL II-III with Douglas	Live music with Stephen Fandrich
7:15 - 8:30pm	YOGA FOR 50+ with Sally	(Chandra) Restorative last Wednesday of the month
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 - 11:15am	LEVEL II with Tim	Childcare available, \$5/child
Noon - 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	
7:15 - 8:45pm+	YOGA FOR POC HEALING with Genevieve	(Chandra) By donation; +Monthly 6/15, 7/20, 8/17, 9/21
9:00 - 10:00pm	SATSANG with Lady Krishna	By donation

Friday

6:30 - 7:30am	ALL LEVELS FLOW with Flower	
10:00 - 11:15am	ALL LEVELS with Tami	
Noon - 1:15 pm	LEVEL II FLOW with Terilyn	
12:15 - 1:15pm	YOGA TUNE UP® with Tracy	
4:30 - 5:30pm	ALL LEVELS with 8 Limbs Yoga Teacher Training Graduates	\$8 Community Class
5:45 - 7:00pm	LEVEL II FLOW with Cobey	Vigorous flow
6:00 - 7:15pm	GENTLE with Lasara	(Chandra) 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	
10:30am - Noon	LEVEL II FLOW with Douglas	
10:45am - Noon	PRENATAL with Rebekah	(Chandra) starts 9/9/17
12:30 - 1:45pm	POSTNATAL with Rebekah	(Chandra on 9/9 only) starts 9/9/17
3:30 - 4:45pm	LEVEL II with Lance	Focus on alignment & body awareness
5:00 - 6:15pm	ALL LEVELS FLOW with Cobey	

Sunday

9:00 - 10:15am	LEVEL I with Adi	
10:30am - Noon	DEVOTIONAL FLOW with Amelia	Bhakti focus, live music with Steve Grant
3:30 - 4:45pm	ALL LEVELS with Terilyn	
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. + Monthly class

8 LIMBS YOGA PHINNEY RIDGE SUMMER SCHEDULE EFFECTIVE JUNE 1, 2017

Schedule Changes in **RED**

Monday

6:30 – 7:30am ALL LEVELS FLOW with Lauren
 9:45 – 11:00am ALL LEVELS FLOW with MJ
 Noon – 1:15pm* LEVEL II FLOW with Terilyn
 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

Wednesday

6:30 – 7:30am ALL LEVELS FLOW with Lauren
 9:45 – 11:00am ALL LEVELS with Chiara Core focus
 Noon – 1:15pm* LEVEL II FLOW with Terilyn
 1:30 – 2:45pm POSTNATAL with Kristen
 4:15 – 5:30pm YIN with Karen
 5:45 – 7:00pm ALL LEVELS with Chiara Core Focus
 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
 Noon – 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 Includes Yoga Nidra last Friday 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
 8:00 – 9:30pm+ KIRTAN with Rob and Melissa By donation; +Monthly 6/10, 7/15, 8/12, 9/16

Sunday

9:00 – 10:15am LEVEL I with Misha Focus on alignment and body awareness
 10:30am – Noon 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.

+ Monthly class

8 LIMBS YOGA **WEDGWOOD** SUMMER SCHEDULE EFFECTIVE JUNE 1, 2017

Schedule Changes in **RED**

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	

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	
Noon - 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	
11:00 - 12:15pm	YOGA FOR 50+ with Misha	
5:45 - 7:00pm	PRENATAL with Megan	
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 Bayeshan	Restorative focus
7:00 - 8:15pm+	SOUND BATH with Megan	+Monthly; 6/2, 7/7, 8/11, 9/8

Saturday

9:00 - 10:30am	LEVEL II with Barbara	
10:45am - Noon	LEVEL I with Barbara	
4:45 - 6:00pm	ALL LEVELS FLOW with Maritza	

Sunday

9:00 - 10:30am	LEVEL II with Douglas	
10:45am - Noon	ALL LEVELS with Douglas	
4:45 - 6:00pm	ALL LEVELS FLOW with Nancy	

8 LIMBS YOGA WEST SEATTLE SUMMER SCHEDULE EFFECTIVE JUNE 1, 2017

Schedule Changes in **RED**

Monday

9:30 - 10:45am	ALL LEVELS FLOW with Terilyn	
Noon - 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 Tim	
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	
Noon - 1:15pm	ALL LEVELS FLOW with Biola	canceled
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	
Noon - 1:15pm	ALL LEVELS FLOW with Deborah	
4:00 - 5:15pm	LEVEL I with Biola	canceled
5:45 - 7:00pm	PRENATAL with Alex/Elena	canceled
6:00 - 7:15pm	ALL LEVELS FLOW with Tim	
7:30 - 8:45pm	ALL LEVELS with Alex	

Thursday

6:30 - 7:30am	ALL LEVELS FLOW with Flower	
9:30 - 10:45am	LEVEL II with Sally	
11:15 - 12:30pm	YOGA FOR 50+ with Sally	Restorative last Thursday of the month
4:15 - 5:30pm	LEVEL II FLOW with Biola	
5:45 - 7:00pm	LEVEL I with Tracy	Restorative last Thursday of the month

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	
10:45am - Noon	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
10:45am - Noon	YOGA TUNE UP® with Tracy	
12:15 - 1:45pm+	YOGA NIDRA, YOGA BLISS with Tracy	+Monthly; 6/11, 7/9, 8/13, 9/10
5:00 - 6:15pm	ALL LEVELS with Jonna	Restorative last Sun of the month