

8 LIMBS YOGA CAPITOL HILL SPRING SCHEDULE EFFECTIVE FEBRUARY 1, 2018

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 Ara	
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 Shuja/Douglas	
1:30 - 2:45pm	POSTNATAL with Ara	
4:00 - 5:15pm	LEVEL II FLOW with Nancy	\$8 Community Class
5:45 - 7:00pm	LEVEL I with Lauren	
6:00 - 7:15pm	INTRO TO YOGA with Lasara	(Chandra) Series; See website for dates
7:15 - 8:30pm	LEVEL II Flow with Cobey	
7:30 - 8:45pm	INTRO TO YOGA II with Lasara	(Chandra) Series; 2/20 - 3/27

Wednesday

6:30 - 7:30am	ALL LEVELS FLOW with Nancy	
10:00 - 11:15am	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 Melissa/Douglas	Live music with Rob Lundsgaard/Stephen Fandrich
7:15 - 8:30pm	LEVEL I with Melissa/Douglas	Live music with Rob Lundsgaard/Stephen Fandrich

Thursday

6:30 - 7:45am*	ALL LEVELS FLOW with Jeff	
10:00 - 11:15am	LEVEL II with Erika	
Noon - 1:15pm*	ALL LEVELS with Amy/Douglas	
4:00 - 5:15pm	LEVEL I with Andreas	
5:45 - 7:00pm	ALL LEVELS FLOW with Lauren	
7:15 - 8:45pm	LEVEL II-III FLOW with Rosie	(Chandra 2/8, 3/8)
7:15 - 8:45pm+	YOGA FOR POC with Atlee/Adam/Sybill	(Chandra) By donation; +Bi-Monthly
9:00 - 10:00pm+	SATSANG with Lady Krishna	By donation; +Last Thursday of the month

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	
4:00 - 5:15pm	LEVEL I with Kathleen	Restorative second Friday of the month
5:45 - 7:00pm	LEVEL II FLOW with Cobey	
6:00 - 7:15pm	GENTLE with Lasara	(Chandra) with Pranayama/Meditation
7:15 - 8:30pm	DEVOTIONAL FLOW with Shuja	

Saturday

7:30 - 8:45am	ALL LEVELS FLOW with Claudette	\$8 Community Class
9:00 - 10:15am	LEVEL I with Liz/Douglas	
10:30am - Noon	LEVEL II FLOW with Liz/Douglas	
10:45am - Noon	PRENATAL with Rebekah	(Chandra)
12:15 - 1:30pm	POSTNATAL with Rebekah	(Chandra 2/24 only)
4:00 - 5:15pm	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
1:00 - 3:00pm+	FOREST DWELLER YOGA with Sally	+Monthly; 2/4, 3/4, 4/1 & 5/6
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, 2018

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
10:45 - 11:15am	MEDITATION with Karen	By donation
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	
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 Jenna	
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	
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 - 7:45pm	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; 2/10, 3/10, 4/7 & 5/19

Sunday

9:00 - 10:15am	LEVEL I with Misha	Focus on alignment and body awareness
10:30am - Noon	LEVEL II with Misha	
3:15 - 4:30pm	LEVEL I with Lasara	Focus on breath awareness
4:45 - 6:00pm	ALL LEVELS with Lasara	
6:15 - 7:45pm+	SOMAT FOR R&R with Chiara	+Monthly; 2/18, 3/18, 4/22 & 5/13

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

+ Monthly class

8 LIMBS YOGA WEDGWOOD SPRING SCHEDULE EFFECTIVE FEBRUARY 1, 2018

Monday

6:30 – 7:30am	ALL LEVELS FLOW with Nancy B.	
8:00 – 9:00am	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

9:30 – 10:45am	LEVEL II FLOW with Andreas	
1:30 – 2:45pm	POSTNATAL with Barbara R.	
4:00 – 5:15pm	ALL LEVELS FLOW with Anne Phyfe	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 Nancy B.	
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 – 8:30pm	PRENATAL with Megan	

Thursday

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	LEVEL II FLOW with Tess	Yoga Tune Up® Focus
7:15 – 8:30pm	LEVEL I with Lasara	

Friday

6:30 – 7:30am	ALL LEVELS FLOW with Shuja	
9:30 – 10:45am	LEVEL II with Marni	
4:00 – 5:15pm	ALL LEVELS with Bayeshan	
5:30 – 6:45pm	GENTLE with Bayeshan	Restorative focus
7:00 – 8:15pm+	SOUND BATH with Megan	+Monthly; 2/2, 3/9, 4/6 & 5/4

Saturday

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

Sunday

9:00 – 10:30am	LEVEL II with Valerie/Douglas	
10:45am – Noon	ALL LEVELS with Valerie/Douglas	
4:45 – 6:00pm	ALL LEVELS FLOW with Nancy H.	
6:15 – 7:30pm	INTRO TO YOGA with Lasara	Series; 1/28 – 3/4
6:15 – 7:30pm	INTRO TO YOGA II with Lasara	Series; 4/1 – 5/6

8 LIMBS YOGA WEST SEATTLE SPRING SCHEDULE

EFFECTIVE FEBRUARY 1, 2018

Monday

9:30 – 10:45am	ALL LEVELS FLOW with Terilyn	
Noon – 1:00pm	LEVEL II FLOW with Rosie	
4:30 – 5:45pm	GENTLE with Alex	\$8 Community class
6:00 – 7:15pm	ALL LEVELS FLOW with Shuja	
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	
4:30 – 5:45pm	YIN with Donte	
6:00 – 7:15pm	ALL LEVELS FLOW with Donte	

Wednesday

9:30 – 10:45am	LEVEL II FLOW with Terilyn	
Noon – 1:00pm	ALL LEVELS FLOW with Deborah	
6:00 – 7:15pm	ALL LEVELS FLOW with Shuja	
7:30 – 8:45pm	ALL LEVELS with Alex	

Thursday

6:30 – 7:30am	ALL LEVELS FLOW with Donte	
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 Abiola	
5:45 – 7:00pm	LEVEL I with Tracy	Restorative last Thursday of the month
7:15 – 8:30pm	INTRO TO YOGA II with Alex	Series; 3/1 – 4/5

Friday

9:30 – 10:45am	ALL LEVELS FLOW with Terilyn	Yoga Nidra 10:45-11:00am
4:30 – 5:45pm	ALL LEVELS with Jenna	
6:00 – 7:00pm	LEVEL II FLOW with Amy	
7:15 – 8:45pm+	TRAP VINYASA with Abiola	+Monthly; 2/9, 3/9, 4/13 & 5/11

Saturday

9:00 – 10:30am	LEVEL II FLOW with Tracy	
10:45am – Noon	LEVEL I with Tracy	
4:00 – 5:15pm	RESTORATIVES with Jenna	\$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; 2/11, 3/11, 4/18 & 5/13
5:00 – 6:15pm	ALL LEVELS with Jenna	Restorative last Sun of the month