

# 8 LIMBS YOGA **CAPITOL HILL SUMMER SCHEDULE** EFFECTIVE JUNE 1, 2018

Schedule Changes in **RED**

## Monday

6:30 – 7:30am	ALL LEVELS FLOW with Nancy	
9:30 – 10:45am	ALL LEVELS with <b>Anne Phyfe/Claudette</b>	
Noon – 1:15pm	LEVEL II FLOW with Andreas	Vigorous flow
<b>Noon – 1:15pm</b>	<b>QUEER YOGA with Misha</b>	<b>(Chandra) By donation; 1<sup>st</sup> &amp; 3<sup>rd</sup> Mondays</b>
4:00 – 5:15pm	LEVEL I with Sally	Restorative last Mon of the month
5:45 – 7:00pm	PRENATAL with Ara	(Chandra)
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 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 <b>Claudette</b>	(Chandra) Series; See website for dates
7:15 – 8:30pm	LEVEL II Flow with Amelia	

## 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 Douglas	Live music with Stephen Fandrich
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 – <b>11:30am</b>	LEVEL II with <b>Claudette</b>	
Noon – 1:15pm*	ALL LEVELS with 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	
7:15 – 8:45pm+	YOGA FOR POC with Adam/Atlee/Sybill	(Chandra) By donation; 1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays
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	<b>ALL LEVELS with 8 Limbs Yoga Teacher Training Grads</b>	<b>\$8 Community Class</b>
6:00 – 7:15pm	GENTLE with Lasara	With Pranayama/Meditation
7:30 – 8:45pm	DEVOTIONAL FLOW with Shuja	

## Saturday

7:30 – 8:45am	ALL LEVELS FLOW with Claudette	\$8 Community Class
9:00 – 10:15am	LEVEL I with Douglas	
10:30am – Noon	LEVEL II FLOW with Douglas	
10:45am – Noon	PRENATAL with Rebekah	(Chandra)
4:00 – 5:15pm	ALL LEVELS FLOW with Cobey	

## Sunday

9:00 – 10:15am	LEVEL I with Adi	
10:30am – Noon	DEVOTIONAL FLOW with <b>Shuja</b>	<b>Bhakti focus, live music with Steve Grant</b>
1:00 – 3:00pm+	FOREST DWELLER YOGA with Sally	<b>+Monthly; 6/3, 9/23 (no class July &amp; August)</b>
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 SUMMER SCHEDULE EFFECTIVE JUNE 1, 2018

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 Jenna	(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	Yoga Tune Up® Focus
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	
Noon - 1:00pm	ALL LEVELS FLOW with Marni	
2:00 - 3:15pm	YOGA for 50+ with Chiara	
4:30 - 5:30pm	ALL LEVELS FLOW with Tess	\$8 Community class; Yoga Tune Up® Focus
5:45 - 7:00pm	LEVEL II FLOW with Cobey	
7:15 - 8:30pm	INTRO TO YOGA with Karen/Nancy B.	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	
8:00 - 9:30pm+	KIRTAN with Rob and Melissa	By donation; +Monthly; 6/23, 7/21, 8/11 & 9/8

### 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; 7/15, 8/19 & 9/16 (no June class)

\* 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, 2018

Schedule Changes in RED

## 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	
4:00 - 5:15pm	ALL LEVELS FLOW with Nancy B.	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 Lasara	
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; 6/1, 7/6, 8/10 & 9/7

## 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 Douglas	
10:45am - Noon	ALL LEVELS with Douglas	
4:45 - 6:00pm	ALL LEVELS FLOW with Nancy H.	

# 8 LIMBS YOGA WEST SEATTLE SUMMER SCHEDULE EFFECTIVE JUNE 1, 2018

Schedule Changes in **RED**

## Monday

9:30 - 10:45am	LEVEL II FLOW with Terilyn	
Noon - 1:00pm	ALL LEVELS FLOW with Ara	
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 Katie
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 Katie	
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	ALL LEVELS FLOW with Ara	\$8 Community class
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	
7:15 - 8:45pm+	TRAP VINYASA with Abiola	+Monthly; 9/14 (no classes June, July & August)

## Saturday

9:00 - 10:30am	ALL LEVELS 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; 6/10, 7/8, 8/12 & 9/9
5:00 - 6:15pm	ALL LEVELS with Jonna	Restorative last Sun of the month