

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 Anne Phyfe/Claudette	
Noon - 1:15pm	LEVEL II FLOW with Andreas	Vigorous flow
Noon - 1:15pm	QUEER YOGA with Misha	(Chandra) By donation; 1 st & 3 rd Mondays
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 Claudette	(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 - 11:30am	LEVEL II with Claudette	
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 st & 3 rd 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	ALL LEVELS with 8 Limbs Yoga Teacher Training Grads	\$8 Community Class
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 Shuja	Bhakti focus, live music with Steve Grant
1:00 - 3:00pm+	FOREST DWELLER YOGA with Sally	+Monthly; 6/3, 9/23 (no class July & August)
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