

8 LIMBS YOGA CAPITOL HILL FALL SCHEDULE

EFFECTIVE OCTOBER 1, 2018

Monday

6:30 - 7:30am	ALL LEVELS FLOW with Nancy H.	
9:30 - 10:45am	ALL LEVELS with Jenny	
Noon - 1:15pm*	LEVEL II FLOW with Andreas	Vigorous flow
Noon - 1:15pm	QUEER YOGA with Misha	(Chandra) By donation; 3 rd Mondays of the month
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 - 8:45pm	LEVEL II-III FLOW with Nancy H.	

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 Rebekah	
4:00 - 5:15pm	LEVEL II FLOW with Nancy H.	\$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 H.	
10:00 - 11:15am	ALL LEVELS with Tami	
Noon - 1:15pm*	LEVEL II FLOW with Andreas	Vigorous flow
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	
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	HIP HOP 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)
12:30 - 2:00pm+	LAY DOWN TO RISE UP for POC with Mary	+Monthly; 11/24, 12/29 & 1/26
4:00 - 5:15pm	ALL LEVELS FLOW with Katie/Cobey	

Sunday

9:00 - 10:15am	LEVEL I with Adi	
10:30am - Noon	DEVOTIONAL FLOW with Nancy H.	Bhakti focus
12:30 - 2:30pm+	FOREST DWELLER YOGA with Sally	+Monthly; 10/21, 12/30, 1/27 (no NOV class)
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 FALL SCHEDULE EFFECTIVE OCTOBER 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 Jenna	(Satya)
5:45 - 7:00pm	LEVEL I with Marni	
7:15 - 8:30pm	ALL LEVELS 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	Yoga Tune Up® Focus
5:45 - 7:00pm	ALL LEVELS FLOW with MJ	
7:15 - 8:30pm	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 Marni	
2:00 - 3:15pm	YOGA for 50+ with Chiara	
4:30 - 5:30pm	ALL LEVELS FLOW with Rosie	\$8 Community class
5:45 - 7:00pm	LEVEL II FLOW with Amelia/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	
8:00 - 9:30pm+	KIRTAN with Rob and Melissa	By donation; +Monthly; 12/15 & 1/12 (no Kirtan OCT & NOV)

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; 10/21, 11/18, 12/16 & 1/20

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

+ Monthly class

8 LIMBS YOGA WEDGWOOD FALL SCHEDULE

EFFECTIVE OCTOBER 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
2:30 - 3:45pm	YOGA for 50+ with Karen	
4:00 - 5:15pm	YIN with Karen	
6:00 - 7:00pm	ALL LEVELS FLOW with Anne Phyfe/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

9:30 - 10:45am	ALL LEVELS with Misha	
11:00am - 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; 10/5, 11/9, 12/7 (no JAN)

Saturday

9:00 - 10:30am	LEVEL II with Megan	
10:45am - Noon	LEVEL I with Megan	
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.	

+ Monthly class

8 LIMBS YOGA WEST SEATTLE FALL SCHEDULE EFFECTIVE OCTOBER 1, 2018

Monday

9:30 - 10:45am	LEVEL II FLOW with Terilyn	
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
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	
11:15am - 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 VINAYASA with Abiola	+Monthly; 10/12, 11/9, 12/14 & 1/11

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 - 2:00pm+	YOGA NIDRA, YOGA BLISS with Tracy	+Monthly; 10/14, 11/11, 12/9 & 1/13
1:30 - 3:30pm+	YOGA FOR HEALING TRAUMA w/ Deborah	+Monthly; 10/28, 11/25, 12/30 & 1/27
5:00 - 6:15pm	ALL LEVELS with Jonna	Restorative last Sun of the month

+ Monthly class