

# 8 LIMBS YOGA CAPITOL HILL SPRING SCHEDULE EFFECTIVE FEBRUARY 1, 2019

Schedule Changes in **RED**

## Monday

6:30 – 7:30AM	ALL LEVELS FLOW with Nancy H.	
9:30 – 10:45AM	ALL LEVELS with <b>Liz D.</b>	
Noon – 1:15PM*	LEVEL II FLOW with Andreas	Vigorous flow
Noon – 1:15PM +	QUEER YOGA with Misha	<i>(Chandra)</i> By donation; 3 <sup>rd</sup> Monday of the month
4:00 – 5:15PM	LEVEL I with <b>Anne Phyfe</b>	Restorative last Mon of the month
<b>5:45 – 7:00PM</b>	PRENATAL with <b>Anne Phyfe</b>	<i>(Chandra)</i>
5:45 – 7:00PM	ALL LEVELS FLOW 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	<b>\$10</b> Community Class
5:45 – 7:00PM	LEVEL I with Lauren	
6:00 – 7:15PM	INTRO TO YOGA with Claudette	<i>(Chandra)</i> SERIES; See website for dates
7:15 – 8:30PM	LEVEL II Flow with <b>Rosie</b>	

## Wednesday

6:30 – 7:30AM	ALL LEVELS FLOW with Nancy H.	
<b>9:30 – 10:45AM</b>	ALL LEVELS with <b>Liz D.</b>	
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	
<b>10:00 – 11:15AM**</b>	<b>ALL LEVELS with Anne Phyfe</b>	<b>**Begins on March 7</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 w Adam/Atlee/Sybill	<i>(Chandra)</i> By donation; 1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays
<b>7:15 – 8:45PM +</b>	MEDITATION with Lady Krishna	<i>(Chandra)</i> By donation; +last Thursday of the month

## Friday

6:30 – 7:30AM	ALL LEVELS FLOW with <b>Rebekah</b>	
10:00 – 11:15AM	ALL LEVELS with Tami	
Noon – 1:15PM*	LEVEL II FLOW with Terilyn	
12:15 – 1:15PM	YOGA TUNE UP® with Tracy	
4:00 – 5:15PM	ALL LEVELS with 8 Limbs YTT Grads	<b>\$10</b> Community Class
<del>6:00 – 7:15pm</del>	<del>GENTLE with Lasara</del>	<del>With Pranayama/Meditation</del>
<del>7:30 – 8:45pm</del>	<del>HIP HOP FLOW with Shuja</del>	
<b>7:15 – 8:45PM +</b>	<b>TRAP VINYASA with Abiola</b>	<b>+Monthly; 2/8, 3/8, 4/12 &amp; 5/10 (Chandra on 5/10) NEW!</b>

## Saturday

7:30 – 8:45AM	ALL LEVELS FLOW with Claudette	<b>\$10</b> Community Class
9:00 – 10:15AM	LEVEL I with Douglas	
10:30AM – Noon	LEVEL II FLOW with Douglas	
10:45AM – Noon	PRENATAL with Rebekah	<i>(Chandra)</i>
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>Nancy H.</b>	<b>Bhakti focus, live music with Steve Grant</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.

+ Monthly workshop

# 8 LIMBS YOGA PHINNEY RIDGE SPRING SCHEDULE EFFECTIVE FEBRUARY 1, 2019

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 ALL LEVELS FLOW with Maritza

## Tuesday

6:30 – 7:30AM ALL LEVELS FLOW with Anne Phyfe  
 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 Jen  
 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 Nancy B.

## Thursday

6:30 – 7:30AM ALL LEVELS FLOW with Anne Phyfe  
 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 \$10 Community class  
 5:45 – 7:00PM LEVEL II FLOW with Cobey  
 7:15 – 8:30PM INTRO TO YOGA with 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 \$10 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; 2/9, 3/9, 4/6 & 5/4

## 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

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

# 8 LIMBS YOGA WEDGWOOD SPRING SCHEDULE EFFECTIVE FEBRUARY 1, 2019

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
<del>2:30 - 3:45pm</del>	<del>YOGA for 50+ with Karen</del>	
4:30 - 5:45PM	YIN GENTLE with Lasara	
6:00 - 7:00PM	ALL LEVELS FLOW with Lasara	

## Tuesday

8:00 - 9:15AM	ALL LEVELS FLOW with Tami		<b>NEW!</b>
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 Anne Phyfe	\$10 Community class	<b>NEW!</b>
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; 3/8, 4/5 & 5/3 (No February class)

## 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 workshop

# 8 LIMBS YOGA WEST SEATTLE SPRING SCHEDULE EFFECTIVE FEBRUARY 1, 2019

Schedule Changes in **RED**

## Monday

9:30 - 10:45AM	LEVEL II FLOW with Terilyn	
4:30 - 5:45PM	GENTLE with Alex	\$10 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
<del>4:15 - 5:30pm</del>	<del>ALL LEVELS FLOW with Ara</del>	<del>Community class</del>
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	ALL LEVELS FLOW with Tracy	
10:45AM - Noon	LEVEL I with Tracy	
4:00 - 5:15PM	RESTORATIVES with Jonna	\$10 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; 2/10, 4/14 & 5/12 (No March class)
5:00 - 6:15PM	ALL LEVELS with Jonna	Restorative last Sun of the month

+ Monthly workshop