

8 LIMBS YOGA CAPITOL HILL SCHEDULE EFFECTIVE JUNE 1, 2019



Schedule subject to change. Please check our online schedule for up to date info.

Monday

| | | |
|----------------|---------------------------------|--------------------------------------|
| 6:30 - 7:30AM | ALL LEVELS FLOW with Nancy H. | |
| 9:30 - 10:45AM | ALL LEVELS with Lauren | |
| Noon - 1:15PM* | LEVEL II FLOW with Andreas | Vigorous flow |
| 4:00 - 5:15PM | LEVEL I with Anne Phyfe | Restorative last Monday of the month |
| 5:45 - 7:00PM | PRENATAL with Anne Phyfe | (Chandra) |
| 5:45 - 7:00PM | ALL LEVELS FLOW with Adi | |
| 7:15 - 8:30PM | LEVEL II-III FLOW with Nancy H. | |

Tuesday

| | | |
|-----------------|------------------------------|---|
| 6:30 - 7:30AM* | ALL LEVELS FLOW with Jeff | |
| 10:00 - 11:30AM | LEVEL II with Kate | |
| Noon - 1:15PM* | ALL LEVELS with Douglas | |
| 1:30 - 2:45PM** | POSTNATAL with Rebekah | **Cancelled July 1-August 31 |
| 4:00 - 5:15PM | LEVEL II FLOW with Nancy | \$10 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 Rosie | |

Wednesday

| | | |
|----------------|-------------------------------|----------------------------------|
| 6:30 - 7:30AM | ALL LEVELS FLOW with Nancy H. | |
| 9:30 - 10:45AM | ALL LEVELS with Shuja | |
| 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 - 7:30AM* | ALL LEVELS FLOW with Jeff | |
| 10:00 - 11:15AM | ALL LEVELS with Anne Phyfe | |
| 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 - 8:30PM | LEVEL II-III FLOW with Rosie | |
| 7:15 - 8:30PM | YOGA FOR POC w Adam/Atlee/Sybill | (Chandra) By donation; 1 st & 3 rd Thursdays |
| 7:15 - 8:15PM + | MEDITATION with Lady Krishna | (Chandra) By donation; +last Thursday of the month |

Friday

| | | |
|-----------------|------------------------------------|----------------------|
| 6:30 - 7:30AM | ALL LEVELS FLOW with Rebekah/Katie | |
| 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 | \$10 Community Class |

Saturday

| | | |
|----------------|-----------------------------------|----------------------|
| 7:30 - 8:45AM | ALL LEVELS FLOW with Claudette | \$10 Community Class |
| 9:00 - 10:15AM | LEVEL I with Douglas | |
| 10:30AM - Noon | LEVEL II FLOW with Douglas | |
| 10:45AM - Noon | PRENATAL with Rebekah/Kim/Monique | (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 Nancy H. | |
| 5:00 - 6:30PM | ALL LEVELS FLOW with 8 Limbs Teacher | Vigorous flow **Cancelled July 1-September 30 |

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

+ Monthly workshop

8 LIMBS YOGA PHINNEY RIDGE SCHEDULE EFFECTIVE JUNE 1, 2019



Schedule subject to change. Please check our online schedule for up to date info.

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 Jodi/Suzanne | (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/Bayeshan | \$10 Community class |
| 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 Jennifer | **Through June 26 only, moves to Wedgwood July 10 |
| 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/Kayleigh | |
| 9:30 – 10:45AM | ALL LEVELS with Karen | |
| 10:45 – 11:15AM | MEDITATION with Karen | By donation |
| 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

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|-----------------|-----------------------------|---|
| 7:30 – 8:45AM | ALL LEVELS with Amelia | |
| 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; 7/13, 8/10, 9/14 & 10/12 |

Sunday

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|----------------|--|---------------------------------------|
| 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/Bayeshan/Leisha | Focus on breath-awareness |
| 4:45 – 6:00PM | ALL LEVELS with Lasara/Bayeshan/Leisha | |

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

+ Monthly workshop

8 LIMBS YOGA WEDGWOOD SCHEDULE EFFECTIVE JUNE 1, 2019



Schedule subject to change. Please check our online schedule for up to date info.

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 |
| 4:30 – 5:45PM | GENTLE with Lasara/Bayeshan | |
| 6:00 – 7:00PM | ALL LEVELS FLOW with Lasara/Bayeshan | |

Tuesday

| | | |
|----------------|-------------------------------|---------------------------------------|
| 8:00 – 9:00AM | ALL LEVELS FLOW with Tami | \$10 Community class |
| 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/Karen | |
| 1:30 – 2:45PM** | POSTNATAL with Jennifer | **July 10 – 31 only |
| 5:45 – 7:00PM | ALL LEVELS with Megan | Chakra focus |
| 7:15 – 8:30PM | PRENATAL with Megan | |

Thursday

| | | |
|-------------------|-----------------------------------|--|
| 8:00 – 9:00AM | ALL LEVELS FLOW with Anne Phyfe | |
| 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/Maritza | |
| 7:15 – 8:30PM | LEVEL I with Lasara/Maritza | |

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; 7/12, 8/2 & 9/6 |

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 SCHEDULE EFFECTIVE JUNE 1, 2019



Schedule subject to change. Please check our online schedule for up to date info.

Monday

| | | |
|----------------|----------------------------|-------------------------------|
| 9:30 – 10:45AM | LEVEL II FLOW with Terilyn | |
| 4:30 – 5:45PM | GENTLE with Alex | |
| 6:00 – 7:00PM | 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/Alex | |
| 6:00 – 7:15PM | ALL LEVELS FLOW with Donte/Katie | |

Wednesday

| | | |
|----------------|----------------------------|--|
| 9:30 – 10:45AM | LEVEL II FLOW with Terilyn | |
| 6:00 – 7:00PM | 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 |
| 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 Jenna | |
| 6:00 – 7:00PM | LEVEL II FLOW with Amy | \$10 Community class |

Saturday

| | | |
|----------------|----------------------------|----------------------|
| 9:00 – 10:30AM | ALL LEVELS FLOW with Tracy | |
| 10:45AM – Noon | LEVEL I with Tracy | |
| 4:00 – 5:15PM | RESTORATIVES with Jenna | \$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; 7/14, 8/11 & 9/8 |
| 5:00 – 6:15PM | ALL LEVELS with Jenna | Restorative last Sunday of the month |

+ Monthly workshop