



WINTER BREAK SCHEDULE

CAPITOL HILL

THURSDAY, Dec 24 - boutique 11:30am -12:15pm

| | | |
|----------------|-----------------|---------|
| 6:30 – 7:45am | ALL LEVELS FLOW | Jeff |
| 12:00 – 1:15pm | ALL LEVELS FLOW | Maritza |

FRIDAY, Dec 25 - boutique closed

CLOSED! No classes today!

SATURDAY, Dec 26 - boutique 8:30am - 1:00pm, 4:30 - 5:15pm

| | | |
|-----------------|-----------------|-------|
| 9:00 – 10:15am | LEVEL I | Nancy |
| 10:30 – 12:00pm | LEVEL II FLOW | Nancy |
| 5:00 - 6:15pm | ALL LEVELS FLOW | Cobey |

SUNDAY, Dec 27 - boutique 8:30 - 9:15am, 3 - 3:45pm, 4:30 - 5:15pm

| | | | |
|----------------|---------------------|---------|------------------------------------|
| 9:00 – 10:15am | LEVEL I | Adi | |
| 3:30 – 4:45pm | YOGA FOR EVERY BODY | Terilyn | |
| 5:00 – 6:30pm | ALL LEVELS FLOW | Terilyn | Vigorous flow, live music w/ Xanna |

MONDAY, Dec 28 - boutique 11:30am - 12:15pm, 3:30 - 7:30pm

| | | | |
|----------------|----------------|----------|--------------------------|
| 12:00 – 1:15pm | LEVEL II FLOW | Andreas | Vigorous flow |
| 4:00 – 5:15pm | LEVEL I | Sally | Restorative last Mon/mo. |
| 5:30 – 7:00pm | PRENATAL | Michelle | |
| 5:45 – 7:00pm | ◀ ALL LEVELS | Adi | |
| 7:15 – 8:30pm | ◀ RESTORATIVES | Michelle | |
| 7:15 – 8:30pm | LEVEL II FLOW | Nancy | |

TUESDAY, Dec 29 - boutique 9:30 - 10:15am, 3:30 - 7:30pm

| | | | |
|-----------------|-----------------|--------|--------------------------------|
| 6:30 – 7:45am | ALL LEVELS FLOW | Jeff | |
| 10:00 – 11:30am | LEVEL II | Kate | Childcare available, \$5/child |
| 4:00 – 5:15pm | LEVEL II FLOW | Nancy | \$8 Community Class |
| 5:45 – 7:00pm | LEVEL I | Lauren | |
| 7:15 – 8:30pm | LEVEL II FLOW | Cobey | Vigorous flow |

WEDNESDAY, Dec 30 - boutique 11:30am - 1:30pm / 5:00 - 7:30pm

| | | | |
|----------------|-----------------|---------|---------------|
| 12:00 – 1:15pm | LEVEL II FLOW | Andreas | Vigorous flow |
| 12:15 – 1:30pm | ◀ YOGA TUNE UP® | Tracy | |
| 5:45 – 7:00pm | LEVEL II-III | Maritza | |
| 7:15 – 8:30pm | LEVEL I | Maritza | |

THURSDAY, Dec 31 - boutique 11:30am - 12:15pm / 3:30 - 6:00pm

| | | | |
|----------------|-----------------|---------|--|
| 6:30 – 7:45am | ALL LEVELS FLOW | Jeff | |
| 12:00 – 1:15pm | ALL LEVELS FLOW | Maritza | |
| 4:00 – 5:15pm | LEVEL I | Maritza | |
| 5:45 – 7:00pm | ALL LEVELS FLOW | Lauren | |

THURSDAY, January 1 - boutique 12:30 - 1:30pm

1:00 – 4:00pm - WORKSHOP - NEW YEAR'S DAY GENTLE ENERGETIC CLEANSE with Sally Carley

← WORKSHOPS REQUIRE
PRE-REGISTRATION

For other studio schedules, please visit www.8limbsyoga.com



WINTER BREAK SCHEDULE

PHINNEY RIDGE

THURSDAY, Dec 24

| | | |
|----------------|---------------|--------|
| 8:00 – 9:15am | YOGA TUNE UP® | Matt |
| 9:30 – 10:45am | ALL LEVELS | Lauren |

FRIDAY, Dec 25

CLOSED! No classes today!

SATURDAY, Dec 26

| | | |
|-----------------|-----------------|-------|
| 10:00 – 11:15am | ALL LEVELS | Misha |
| 4:30 – 5:45pm | ALL LEVELS FLOW | Em |

SUNDAY, Dec 27

| | | | |
|-----------------|---------------|-------|-------------------------------------|
| 9:00 – 10:15am | LEVEL I | Misha | Focus on alignment & body awareness |
| 10:30 – 12:00pm | LEVEL II FLOW | Misha | |
| 3:15 – 4:30pm | LEVEL I | Karen | Focus on breath awareness |
| 4:45 – 6:00pm | ALL LEVELS | Karen | |

MONDAY, Dec 28

| | | | |
|----------------|-----------------|---------|--------------------------------|
| 6:30 – 7:30am | ALL LEVELS FLOW | Lauren | |
| 9:45 – 11:00am | ALL LEVELS FLOW | MJ | Childcare available, \$5/child |
| 12:00 – 1:15pm | LEVEL II FLOW | Terilyn | |
| 4:00 – 5:15pm | ★YOGA TUNE UP® | Matt | |
| 7:15 – 8:30pm | LEVEL II FLOW | Maritza | |

TUESDAY, Dec 29

| | | | |
|----------------|-----------------|--------|----------------------|
| 6:30 – 7:30am | ALL LEVELS FLOW | Amelia | |
| 9:30 – 10:45am | ALL LEVELS FLOW | Karen | Vinyasa fundamentals |
| 2:00 – 3:15pm | YOGA FOR 50+ | Matt | |
| 5:45 – 7:00pm | ALL LEVELS FLOW | MJ | Bhakti focus |
| 6:00 – 7:15pm | ★SOULMAT | Chiara | |

WEDNESDAY, Dec 30

| | | | |
|----------------|-----------------|---------|--|
| 6:30 – 7:30am | ALL LEVELS FLOW | Lauren | |
| 9:45 – 11:00am | ALL LEVELS | Chiara | Core focus; childcare available, \$5/child |
| 12:00 – 1:15pm | LEVEL II FLOW | Terilyn | |
| 5:45 – 7:00pm | LEVEL II | Chiara | Core focus |
| 7:15 – 8:30pm | LEVEL I | Lauren | |

THURSDAY, Dec 31

| | | | |
|--|-----------------|--------|--|
| 6:30 – 7:30am | ALL LEVELS FLOW | Lauren | |
| 8:00 – 9:15am | YOGA TUNE UP® | Matt | |
| 10:00pm – Midnight - WORKSHOP - NEW YEAR'S EVE CELEBRATION PRACTICE with Karen | | | |

FRIDAY, JANUARY 1, 2016

| | | | |
|------------------|--|--|--|
| 11:00am – 1:00pm | WORKSHOP - BHAKTI FLOW with Melissa, MJ, & Rob | | |
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← WORKSHOPS REQUIRE
PRE-REGISTRATION

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WINTER BREAK SCHEDULE

WEDGWOOD

THURSDAY, Dec 24

11:00 – 12:15pm YOGA FOR 50+ Matt

FRIDAY, Dec 25

CLOSED! No classes today!

SATURDAY, Dec 26

4:45 – 6:00pm ALL LEVELS FLOW Maritza

SUNDAY, Dec 27

9:00 – 10:30am LEVEL II Xanna

10:45 – 12:00pm ALL LEVELS Xanna

4:45 – 6:00pm ALL LEVELS FLOW Nancy

MONDAY, Dec 28

9:30 – 10:45am LEVEL II Chiara Core Focus

12:00 – 1:15pm YOGA TUNE UP® Matt

TUESDAY, Dec 29

4:00 – 5:15pm ALL LEVELS Xanna Focus on alignment and body awareness

6:00 – 7:00pm ALL LEVELS Amelia

WEDNESDAY, Dec 30

6:30 – 7:30am ALL LEVELS FLOW Amelia

12:00 – 1:15pm YOGA TUNE UP® Matt

7:15 – 8:30pm LEVEL II FLOW Nancy

THURSDAY, Dec 31

11:00 – 12:15pm YOGA FOR 50+ Matt

FRIDAY, January 1

10:30am – 12:30pm - WORKSHOP – RELEASE AND RENEW with Megan ← WORKSHOPS REQUIRE PRE-REGISTRATION



WINTER BREAK SCHEDULE

WEST SEATTLE

THURSDAY, Dec 24

5:45 – 7:00pm LEVEL I Tracy

FRIDAY, Dec 25

CLOSED! No classes today!

SATURDAY, Dec 26

9:00 – 10:30am LEVEL II FLOW Tracy

10:45 – 12:00pm LEVEL I Tracy

SUNDAY, Dec 27

9:00 – 10:15am ALL LEVELS FLOW Terilyn Bhakti Focus

MONDAY, Dec 28

9:30 – 10:45am ALL LEVELS FLOW Terilyn

12:00 – 1:00pm ASHTANGA Jen M. Vigorous

TUESDAY, Dec 29

6:30 – 7:30am ALL LEVELS FLOW Deborah

4:30 – 5:45pm LEVEL I Em

7:30 – 8:45pm YOGA FOR EVERY BODY Terilyn

WEDNESDAY, Dec 30

9:30 – 10:45am LEVEL II FLOW Terilyn

5:30 – 7:00pm PRE/POSTNATAL Sonia

THURSDAY, Dec 31

5:45 – 7:00pm LEVEL I Tracy Restorative last Thurs/month

FRIDAY, January 1

2:00 – 4:00pm - WORKSHOP – SET YOUR SANKALPA with Tracy and Terilyn ← WORKSHOPS REQUIRE PRE-REGISTRATION