



moksha yoga markham

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www.mokshayogamarkham.com

February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 630 Yancey A-♫* 930 Maryday 1230 Maryday *	2 630 Yancey A* 930 Denise PF 1230 Denise *	3 630 Yancey A* 930 Susan Y 1230 Tea *	4 630 Yancey A* 930 Kerry PF 1230 Kerry *	5 630 Danny * 930 Danny 1230 Jen HF*	6 8 Amanda MM 10 Amanda 12 Leah *
	430 Amanda 630 Amanda 830 Eric A-L1	430 Shirley 630 Shirley 830 Leah *	430 Christina 630 Christina 830 Shirley MM*	430 Michael 630 Hera 830 Hera *	430 Sabrina 630 Maryday 830 Maryday K*	130 Susan Y 330 Susan P 515 Manija E*
7 8 Angela 10 Angela 12 Kerry *	8 630 Yancey A-♫* 930 Christina 1230 Christina *	9 630 Yancey A* 930 Amanda PF 1230 Amanda *	10 630 Yancey A* 930 Susan Y 1230 Denise *	11 630 Yancey A* 930 Michael PF 1230 Michael *	12 630 Danny * 930 Danny 1230 Jen HF*	13 8 Tea MM 10 Tea 12 Denise *
130 Eric A-L1 330 Manija CC*	430 Amanda 630 Amanda 830 Eric A-L1	430 Leah 630 Christina 830 Christina * 945 Christina *	430 Maryday 630 Maryday 830 Kerry MM* 945 Maryday *	430 Michael 630 Darnell 830 Darnell * 945 Maryday *	430 Denise 630 Shirley 830 Shirley K*	130 Susan Y 330 Susan P 515 Couples Thai Massage Workshop
14 Happy Valentine's Day! 8 Angela 10 Angela 12 Kerry *	15 Happy Family Day! 630 Yancey A-♫* 930 Maryday 1230 Maryday *	16 630 Yancey A* 930 Shirley PF 1230 Leah *	17 630 Yancey A* 930 Susan Y 1230 Tea *	18 630 Yancey A* 930 Michael PF 1230 Michael *	19 630 Danny * 930 Danny 1230 Jen HF*	20 8 Christina MM 10 Darnell 12 Darnell *
130 Eric A-L1 330 Manija CC*	430 Denise 630 Denise 830 Eric A-L1	430 Bonnie 630 Bonnie 830 Amanda * 945 Amanda *	430 Leah 630 Shirley 830 Shirley MM* 945 Christina *	430 Leah 630 Christina 830 Christina * 945 Christina *	430 Jackie 630 Jackie 830 Jian K*	130 Susan Y 330 Susan P 515 Jenny E*
21 8 Jian 10 Carolyn 12 Carolyn *	22 630 Yancey A-♫* 930 Christina 1230 Christina *	23 630 Yancey A* 930 Kerry PF 1230 Kerry *	24 630 Yancey A* 930 Susan Y 1230 Kerry *	25 630 Yancey A* 930 Denise PF 1230 Denise *	26 630 Danny * 930 Danny 1230 Jen HF*	27 8 Shirley MM 10 Angela 12 Angela *
130 Eric A-L1 330 Manija CC*	430 Amanda 630 Amanda 830 Eric A-L1	430 Shirley 630 Shirley 830 Shirley * 945 Amanda *	430 Maryday 630 Maryday 830 Kerry MM* 945 Maryday *	430 Jenny 630 Hera 830 Hera * 945 Amanda *	430 Maryday 630 Maryday 830 Jian K*	130 Susan Y 330 Susan P 515 Jenny E*
28 8 Bonnie 10 Bonnie 12 Kerry *						
130 Yancey A-L1 330 Jenny CC*						

All classes that do not have a letter or asterisk next to them are a regular 90 minute Moksha hot yoga class, except for Mon-Fri at 6:30pm which are now 75 min classes. Ashtanga Level 1 on Monday nights at 8:30pm are 75 minutes.

* - Moksha Flow - A flowing 60-minute version. Good for those on the go!

MM - Moksha Mix - This class will be different each time. Based on the Moksha sequence, it gives you the opportunity to try new postures and sequences, maybe some music and an assistant while still maintaining a level of familiarity to encourage focus and concentration. Beginners welcomed.

A-L1 - Level 1 Ashtanga - A level 1 Ashtanga class focusing on building upper-body strength, hip opening, and core. Reduced heat.

A* - Ashtanga - A 60 minute Ashtanga class for those on the go! Reduced heat.

HF - Hatha Flow - Take a break from the Moksha series. A hot yoga class with something new each week. **Not suitable for beginners.**

Y - Yin yoga - 90 minute reduced heat, a restorative, deep tissue stretching class.

K - Karma - A 60 minute Moksha class where all of the proceeds are donated to charity. Minimum \$7 donation. Packages do not apply.

♫ - A Moksha class done to music. No instruction provided. **Not suitable for beginners.**

PF - Power Vinyasa Flow - Inspired by Baron Baptiste - An intermediate practice that connects movement with breath done in a heated room. **Not suitable for beginners.**

E - Economy Class - A 60 minute class from the Moksha series taught by an experienced teacher. You can drop in for \$7/class, or you can use your package.

CC - Community Class - A 60 minute class taught by a new teacher needing some practice and experience leading a class through the Moksha series. You are welcome to give the new teacher constructive feedback on what they should work on after the class. \$7/class, or you can use your package.

P - Prenatal - A 75min prenatal yoga class good for those in all trimesters. Pre-registration is required for each 10 week session. Regular packages do not apply. Please call us for more details.

Couple Thai Yoga Massage Workshop - Try something different and learn to connect with your love one through the power of touch. On Saturday February 13th from 5:15PM-7:15PM we will be holding a workshop for couples Thai yoga massage with our very own Thai massage practitioner, Jian Li. Pre-registration is required. Cost is \$50 per couple or \$25 for singles. No partner required. Please inquire further at the front desk.