



moksha yoga markham

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July 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Happy Canada Day!! 1000 Jackie 1200 Jackie 200 Jackie *	2 6:30 Yancey A* 930 Lisa PF 1230 Lisa * 200 Jacqueline CC* 430 Julia 630 Julia 830 Julia *	3 630 Christina * 930 Christina 1230 Denise L2* 430 Maryday 630 Holly 830 Holly K*	4 8 Christina 10 Tea 12 Tea * 130 Susan Y 330 Susan P 515 Jian E*
5 8 Hera 10 Hera 12 Maryday * 130 Eric A-L1 330 Eric A-L2 530 Gabriela CC* 700 Lyn M/Y	6 630 Christina ♪* 930 Christina 1230 Christina * 430 Lyn 630 Kerry 830 Eric A-L1	7 630 Yancey A* 930 Denise PF 1230 Kerry * 200 Bonnie CC* 430 Kerry 630 Amanda 830 Amanda *	8 630 Yancey A* 930 Susan Y 1230 Amanda * 200 Maryann HP 430 Jackie 630 Jackie 830 Kerry *	9 630 Yancey A* 930 Leah PF 1230 Lisa * 200 Bonnie CC* 430 Lyn 630 Maryday 830 Maryday *	10 630 Danny * 930 Danny 1230 Danny L2* 430 Jackie 630 Michelle 830 Michelle K*	11 8 Lisa 10 Lisa 12 Lisa * 130 Susan Y 330 Susan P 515 Christina E*
12 8 Hera 10 Hera 12 Kerry * 130 Eric A-L1 330 Eric A-L2 530 Jacqueline CC* 700 Lyn M/Y	13 630 Christina ♪* 930 Christina 1230 Lyn * 430 Amanda 630 Amanda 830 Eric A-L1	14 630 Yancey A* 930 Denise PF 1230 Kerry * 200 Jacqueline CC* 430 Hera 630 Hera 830 Kerry *	15 630 Yancey A* 930 Susan Y 1230 Amanda * 200 Maryann HP 430 Hera 630 Hera 830 Tammy *	16 630 Yancey A* 930 Leah PF 1230 Lyn * 200 Jacqueline CC* 430 Christina 630 Michelle 830 Michelle *	17 630 Maryday * 930 Maryday 1230 Leah L2* 430 Lisa 630 Lisa 830 Lisa K*	18 8 Tammy 10 Tammy 12 David * 130 Susan Y 330 Susan P 515 Jian E*
19 8 Jackie 10 Jackie 12 Maryday * 130 Eric A-L1 330 Eric A-L2 530 Tammy CC* 700 Lyn M/Y	20 630 Maryday ♪* 930 Maryday 1230 Maryday * 430 Lyn 630 Tammy 830 Eric A-L1	21 630 Yancey A* 930 Denise PF 1230 Jackie * 200 Bonnie CC* 430 Amanda 630 Amanda 830 Christina *	22 630 Yancey A* 930 Susan Y 1230 Amanda * 200 Maryann HP 430 Maryday 630 Christina 830 Christina *	23 630 Yancey A* 930 Leah PF 1230 Christina * 200 Bonnie CC* 430 Lyn 630 David 830 David *	24 630 Danny * 930 Danny 1230 Danny L2* 430 Holly 630 Holly 830 Holly K*	25 8 Julia 10 Julia 12 Julia * 130 Susan Y 330 Susan P 515 Jian E*
26 8 Tammy 10 Tammy 12 Jackie * 130 Eric A-L1 330 Eric A-L2 530 Gabriela CC* 700 Lyn M/Y	27 630 Maryday ♪* 930 Maryday 1230 Lyn * 430 Amanda 630 Amanda 830 Eric A-L1	28 630 Yancey A* 930 Denise PF 1230 Amanda * 200 Jacqueline CC* 430 Maryday 630 Maryday 830 Christina *	29 630 Yancey A* 930 Susan Y 1230 Amanda * 200 Maryann HP 430 David 630 David 830 David *	30 630 Yancey A* 930 Leah PF 1230 Lyn * 200 Jacqueline CC* 430 Michelle 630 Michelle 830 Jackie *	31 630 Danny * 930 Danny 1230 Danny L2* 430 Julia 630 Julia 830 Julia K*	

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 6:30pm which are now 75 min classes. Monday nights at 8:30pm Ashtanga Level 1 classes are 75 minutes.

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

L2 - Moksha Level 2 - A 60 minute level 2 Moksha class. **Not suitable for beginners.**

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

A-L2 - Level 2 Ashtanga - An intermediate class not suitable for beginners. Reduced heat.

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

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.

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 good for those in all trimesters. Pre-registration required. Regular packages do not apply.

E - Economy class. A 60 minute class from the Moksha series. You can drop in and pay \$7 for the class or use your package.

HP - Hot Pilates - A 60 minute Hot Pilates class.

M/Y - Meditation/Yin - This is a 2 hour Meditation & Yin yoga class focusing on breathing techniques, meditation, with some restorative deep tissue stretching. Reduced heat. This class is a minimum \$7 donation, or packages can be applied. Suitable for all levels. Please wear comfortable clothing and bring a pillow, cushion or blanket to sit on.