



moksha yoga markham

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March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 630 Yancey A-D* 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 Michael PF 1230 Michael *	5 630 Danny * 930 Danny 1230 Jen HF*	6 8 Shirley MM 10 Tea 12 Tea *
	430 Christina 630 Christina 830 Yancey A-L1	430 Leah 630 Darnell 830 Darnell * 945 Sabrina *	430 Shirley 630 Shirley 830 Kerry MM* 945 Kerry *	430 Jackie 630 Jackie 830 Amanda * 945 Amanda *	430 Yumee JA 630 Yumee JL 830 Sabrina K*	130 Susan Y 330 Susan P 515 Jenny E* 700 Power of Movement Yoga Jam
7 8 Jian 10 Jian 12 Jenny *	8 630 Yancey A-D* 930 Christina 1230 Christina *	9 630 Yancey A* 930 Denise PF 1230 Lyn *	10 630 Yancey A* 930 Susan Y 1230 Tea *	11 630 Yancey A* 930 Shirley PF 1230 Shirley *	12 630 Danny * 930 Danny 1230 Jen HF*	13 8 Jackie MM 10 Tea 12 Tea *
130 Eric A-L1 330 Manija E* 500 Workshop 700 Lyn M/Y	430 Maryday 630 Maryday 830 Eric A-L1	430 Darnell 630 Darnell 830 Jackie * 945 Jackie *	430 Lyn 630 Lyn 830 Kerry MM* 945 Kerry *	430 Sabrina 630 Hera 830 Hera * 945 Jackie *	430 Yumee JA 630 Yumee JL 830 Sabrina K*	130 Susan Y 330 Susan P 515 Jenny E*
14 8 Denise 10 Hera 12 Hera *	15 630 Yancey A-D* 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 Bonnie MM 10 Bonnie 12 Bonnie *
130 Eric A-L1 330 Jackie E* 500 Jackie E* 700 Lyn M/Y	430 Jian 630 Jian 830 Eric A-L1	430 Leah 630 Hera 830 Hera * 945 Kerry *	430 Darnell 630 Jackie 830 Jackie MM* 945 Sabrina *	430 Lyn 630 Lyn 830 Darnell * 945 Darnell *	430 Yumee JA 630 Yumee JL 830 Sabrina K*	130 Susan Y 330 Susan P 515 Manija E*
21 8 Angela 10 Angela 12 Jian *	22 630 Yancey A-D* 930 Maryday 1230 Maryday *	23 630 Yancey A* 930 Michael PF 1230 Leah *	24 630 Yancey A* 930 Susan Y 1230 Tea *	25 630 Yancey A* 930 Shirley PF 1230 Lyn *	26 630 Maryday * 930 Maryday 1230 Jen HF*	27 8 Christina MM 10 Tea 12 Tea *
130 Eric A-L1 330 Manija E* 500 Manija E* 700 Lyn M/Y	430 Christina 630 Christina 830 Eric A-L1	430 Jackie 630 Jackie 830 Jackie * 945 Sabrina *	430 Jackie 630 Denise 830 Denise MM* 945 Kerry *	430 Darnell 630 Darnell 830 Sabrina * 945 Sabrina *	430 Yumee JA 630 Yumee JL 830 Jian K*	130 Susan Y 330 Susan P 515 Manija E*
28 8 Shirley 10 Shirley 12 Shirley *	29 630 Yancey A-D* 930 Christina 1230 Christina *	30 630 Yancey A* 930 Shirley PF 1230 Leah *	31 630 Yancey A* 930 Susan Y 1230 Tea *			
130 Eric A-L1 330 Darnell E* 500 Darnell E* 700 Lyn M/Y	430 Denise 630 Jackie 830 Eric A-L1	430 Jackie 630 Jackie 830 Christina * 945 Christina *	430 Lyn 630 Amanda 830 Amanda MM* 945 Amanda *			

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.

JL - Jivamukti Live - A 90 minute Jivamukti-style class with live music suitable for all levels. Enjoy an easy-going but juicy Jivamukti Yoga flow while listening to sounds from global sacred and ceremonial contexts. This special class is ideal for beginners and seasoned yogis alike.

JA - Jivamukti Advanced - A 90 minute class is for students who want to explore advanced yoga poses in a safe and friendly workshop setting, while simultaneously delving into the philosophical foundations of yoga. Each class will include a brisk and challenging Jivamukti Yoga flow as well as an in-depth examination of a pose or group of poses and their psycho-spiritual significance. Best for adventurous students with some previous yoga experience.

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.

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.

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 at 905.474.YOGA (9642).

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 on a dhana basis where you can pay any donation amount. **Suitable for all levels.** Please wear comfortable clothing and bring a pillow, cushion or blanket to sit on.

Power of Movement Yoga Jam - This is a special 60 minute Moksha Mix class where all proceeds of the class will go to the Power of Movement fundraiser for arthritis and autoimmune disease research.

This class will be minimum \$7 donation and regular packages do not apply. Bring a friend or family member to this class that has never been to this class before, and receive 10% off your next package! This class will be taught by Maryday and Christina with lots of high energy music, some different postures added and all levels of practice welcome! Join us and let's have some fun for a great cause!