



# Moksha Yoga Danforth

416-778-7744

## June 2009 Teaching Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>1</u> 6:30 Kosu 9:30 75 Michelle *12 Michelle 2 CC Anu Jenn 4:30 Jenn 6:30 Peter 8:30 75 L2A Jonny	<u>2</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Jenn 4:30 L2 Celeste 6:30 Michelle 8:30 Anu Michelle	<u>3</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 Donna *S8:30 Jenn	<u>4</u> 6:30 75Michelle D 9:30 Michelle *12 Michelle 2 CC Jenn 4:30 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>5</u> 6:30 Kosu 9:30 Yin Jenn *12 Jenn 4:30 HF Michelle 6:30 Daniel *8:30 Daniel	<u>6</u> 8 Jenn 10 Michelle *12 Michelle 3 Michelle D 5 Yin + Med Steph
<u>7</u> 8 S Aura 10 Aura *12 Aura 3 Jenn 5 L2 Jenn	<u>8</u> 6:30 Kosu 9:30 75 Michelle *12 Michelle 2 CC Anu Jenn 4:30 Megan 6:30 Megan 8:30 75 L2A Jonny	<u>9</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Jenn 4:30 L2 Celeste 6:30 Michelle 8:30 Anu Michelle	<u>10</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 Donna *S8:30 Jenn	<u>11</u> 6:30 75Michelle D 9:30 Michelle *12 Michelle 2 CC Lisa 4:30 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>12</u> 6:30 Kosu 9:30 Yin Jenn *12 Jenn 4:30 HF Michelle 6:30 Michelle *8:30 Michelle D	<u>13</u> 8 Peter 10 Michelle *12 Michelle 3 Michelle D 5 Yin + Med Kosu
<u>14</u> 8 S Aura 10 Aura *12 Aura 3 Jenn 5 L2 Jenn	<u>15</u> 6:30 Kosu 9:30 75 Michelle *12 Michelle 2 CC Michelle D 4:30 Peter 6:30 Celeste 8:30 75 L2A Jonny	<u>16</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Steph H 4:30 L2 Celeste 6:30 Michelle 8:30 Anu Michelle	<u>17</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 Donna *S8:30 Leah	<u>18</u> 6:30 75Michelle D 9:30 Michelle *12 Michelle 2 CC Lisa 4:30 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>19</u> 6:30 Kosu 9:30 Yin Steph H *12 Steph H 4:30 HF Michelle 6:30 Daniel *8:30 Daniel	<u>20</u> 8 Michelle D 10 Michelle D *12 Michelle D 3 Kosu 5 Yin + Med Kosu
<u>21</u> 8 S Megan 10 Megan *12 Megan 3 Aura 5 L2 Aura	<u>22</u> 6:30 Kosu 9:30 75 Aura *12 Aura 2 CC Michelle D 4:30 Megan 6:30 Megan 8:30 75 L2A Jonny	<u>23</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Steph 4:30 L2 Celeste 6:30 Celeste *8:30 Megan	<u>24</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 Donna *S8:30 Leah	<u>25</u> 6:30 75Michelle D 9:30 Megan *12 Michelle 2 CC Lisa 4:30 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>26</u> 6:30 Megan 9:30 Yin Steph H *12 Steph H 4:30 HF Jenn 6:30 Daniel *8:30 Daniel	<u>27</u> 8 Michelle D 10 Michelle D *12 Michelle D 3 Daniel 5 Yin + Med Donna
<u>28</u> 8 S Donna 10 Donna *12 Donna 3 Daniel 5 L2 Jenn	<u>29</u> 6:30 Kosu 9:30 75 Michelle *12 Michelle 2 CC Anu Jenn 4:30 Celeste 6:30 Celeste 8:30 75 L2A Jonny	<u>30</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Jenn 4:30 L2 Jenn 6:30 Michelle 8:30 Anu Michelle				

**NOTES:** ° Karma Class: Fri. 8:30pm classes are by donation (min \$5), with funds to charity.

\* = 1 hour Moksha flow 75 = 75 minute class. All other classes are 90 minutes duration.

S = SILENT Class - Guided with movement & breath by instructor

L2=Level 2 Class. Yoga Experience recommended.

YIN yoga: gentle yoga with long holds suitable for all levels,

YIN + Med: 90 min class – 70 min regular yin class, with optional 20 minute guided meditation

HF – Hatha Flow, new postures, creative flow, different with each teacher, all levels.

CC= community class taught by beginner teacher. Free for unlimited passes or \$5 drop in fee.

L2A=Ashtanga, reduced heat, 75 mins long, more challenging flowing class

Anu = Anusara Inspired Yoga, flowing practice based on principles of alignment and tantric philosophy, reduced heat

Please arrive at least 15 minutes before class as latecomers will not be permitted. Schedule is subject to