



Moksha Yoga Danforth

416-778-7744

March 2010 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 MF 75 Jenn 6:30 Aura 8:30 75 L2A Jonny	<u>2</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Megan 4:30 L2 Jenn 6:30 Kelly 8:30 75 Anu Michelle	<u>3</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 MF 75 Donna *S8:30 Kosu	<u>4</u> 6:30 75 Michelle D 9:30 Michelle *12 Michelle 2 CC Amanda 4:30 75 Daniel 6:30 L2 Donna *8:30 Daniel	<u>5</u> 6:30 Kosu 9:30 Yin Megan *12 Megan 4:30 HF Michelle D 6:30 75 Michelle D *8:30 Peter	<u>6</u> 8 Peter 10 MF 75 Danny *12 Danny 3 Amanda 5 Yin + Med Kosu
<u>7</u> 8 S 75 Aura 10 Aura *12 Amanda 3 Amanda 5 L2 Donna 7 REST Jenna	<u>8</u> 6:30 Kosu 9:30 75 Michelle *12 Michelle 2 CC Anu Jenn 4:30 MF 75 Megan 6:30 Kelly 8:30 75 L2A Jonny	<u>9</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Daniel 4:30 L2 Jenn 6:30 Jenn 8:30 75 Anu Michelle	<u>10</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 MF 75 Donna *S8:30 Jenn	<u>11</u> 6:30 75 Michelle D 9:30 Michelle *12 Michelle 2 CC Bret 4:30 75 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>12</u> 6:30 Brendan 9:30 Yin Megan *12 Megan 4:30 HF Jess L 6:30 75 Jess L *8:30 Peter	<u>13</u> 8 Peter 10 MF 75 Jenn *12 Jenn 3 Amanda 5 Yin + Med Kosu
<u>14</u> 8 S 75 Kosu 10 Kelly *12 Michelle D 3 Michelle D 5 L2 Jess L 7 REST Jenn	<u>15</u> 6:30 Kosu 9:30 75 Megan *12 Megan 2 CC Anu Jenn 4:30 MF 75 Jenn 6:30 Kelly 8:30 75 L2A Jonny	<u>16</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Steph H 4:30 L2 Aura 6:30 Jenn 8:30 75 Anu Jenn	<u>17</u> 6:30 Peter 9:30 75 Peter *12 Michelle D 4:30 Donna 6:30 MF 75 Donna *S8:30 Aura	<u>18</u> 6:30 75 Michelle D 9:30 Kelly *12 Kelly 2 CC Amanda 4:30 75 Daniel 6:30 L2 Aura *8:30 Aura	<u>19</u> 6:30 Kosu 9:30 Yin Megan *12 Megan 4:30 HF Jess L 6:30 75 Jess L *8:30 Peter	<u>20</u> 8 Peter 10 MF 75 Peter *12 Peter 3 Amanda 5 Yin + Med Amanda
<u>21</u> 8 S 75 Aura 10 Aura *12 Michelle D 3 Michelle D 5 L2 Jenn 7 REST Jenn	<u>22</u> 6:30 Brendan 9:30 75 Michelle *12 Michelle 2 CC Kelly 4:30 MF 75 Megan 6:30 Jenn 8:30 75 L2A Jonny	<u>23</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Daniel 4:30 L2 Aura 6:30 Kelly 8:30 75 Anu Michelle	<u>24</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 MF 75 Donna *S8:30 Jenn	<u>25</u> 6:30 75 Michelle D 9:30 Michelle *12 Michelle 2 CC Amanda 4:30 75 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>26</u> 6:30 Megan 9:30 Yin Megan *12 Megan 4:30 HF Jess L 6:30 75 Jess L *8:30 Peter	<u>27</u> 8 Peter 10 MF 75 Michelle *12 Michelle 3 Jenn 5 Yin + Med Jenn
<u>28</u> 8 S 75 Aura 10 Aura *12 Michelle D 3 Michelle D 5 L2 Donna 7 REST Jenna	<u>29</u> 6:30 Kosu 9:30 75 Michelle *12 Michelle 2 CC Anu Jenn 4:30 MF 75 Megan 6:30 Kelly 8:30 75 L2A Jonny	<u>30</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Jenn 4:30 L2 Aura 6:30 Kosu 8:30 75 Anu Michelle	<u>31</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 MF 75 Donna *S8:30 Jenn			

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

Please arrive at least 15 minutes before class, as latecomers will not be permitted. Schedule is subject to change, thanks for your flexibility (!)