



Moksha Yoga Danforth

416-778-7744

July 2009 Teaching Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>1</u> 10 Peter *12 Peter 3 Donna	<u>2</u> 6:30 75Michelle D 9:30 Michelle *12 Michelle 2 CC Lisa Ray 4:30 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>3</u> 6:30 Kosu 9:30 Yin Steph M *12 Jenn 4:30 HF Jenn 6:30 Michelle *8:30 Michelle	<u>4</u> 8 Michelle D 10 Michelle *12 Michelle 3 Barbara 5 Yin + Med Kosu
<u>5</u> 8 S Jenn 10 Jenn *12 Aura 3 Daniel 5 L2 Aura	<u>6</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>7</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Megan 4:30 L2 Jenn 6:30 Michelle D 8:30 Anu Michelle	<u>8</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 Donna *8:30 Donna	<u>9</u> 6:30 75Michelle D 9:30 Michelle *12 Michelle 2 CC Lisa Ray 4:30 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>10</u> 6:30 Kosu 9:30 Yin Megan *12 Jenn 4:30 HF Jenn 6:30 Donna *8:30 Donna	<u>11</u> 8 Peter 10 Peter *12 Peter 3 Celeste 5 Yin + Med Kosu 7 – Meditation Workshop
<u>12</u> 8 S Jenn 10 Jenn *12 Aura 3 Daniel 5 L2 Aura	<u>13</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>14</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Megan 4:30 L2 Jenn 6:30 Michelle D 8:30 Anu Michelle	<u>15</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 Donna *8:30 Donna	<u>16</u> 6:30 75Michelle D 9:30 Michelle *12 Michelle 2 CC Lisa Ray 4:30 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>17</u> 6:30 Kosu 9:30 Yin Megan *12 Megan 4:30 HF Michelle 6:30 Michelle *8:30 Peter	<u>18</u> 8 Peter 10 Michelle *12 Michelle 3 Celeste 5 Yin + Med Kosu
<u>19</u> 8 S Aura 10 Aura *12 Jenn 3 Celeste 5 L2 Celeste	<u>20</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>21</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Megan 4:30 L2 Jenn 6:30 Michelle 8:30 Anu Michelle	<u>22</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 Donna *8:30 Donna	<u>23</u> 6:30 75 Michelle 9:30 Michelle *12 Michelle 2 CC Lisa Ray 4:30 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>24</u> 6:30 Daniel 9:30 Yin Steph M *12 Jenn 4:30 HF Jenn 6:30 Daniel *8:30 Michelle	<u>25</u> 8 Peter 10 Michelle *12 Michelle 3 Celeste 5 Yin + Med 7 – Kirtan with Lila
<u>26</u> 8 S Aura 10 Aura *12 Michelle D 3 Daniel 5 L2 Donna	<u>27</u> 6:30 Daniel 9:30 75 Michelle *12 Michelle 2 CC Michelle D 4:30 Megan 6:30 Megan 8:30 75 L2A Jonny	<u>28</u> 6:30 75 Steph H 9:30 Yin Steph H *12 Megan 4:30 L2 Aura 6:30 Michelle D 8:30 Anu Michelle	<u>29</u> 6:30 Peter 9:30 75 Danny *12 Danny 4:30 Donna 6:30 Donna *8:30 Donna	<u>30</u> 6:30 75Michelle D 9:30 Michelle *12 Michelle 2 CC Lisa Ray 4:30 Daniel 6:30 L2 Jenn *8:30 Jenn	<u>31</u> 6:30 Kosu 9:30 Yin Steph H *12 Steph H 4:30 HF Michelle 6:30 Michelle *8:30 Peter	

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

change, thanks for your flexibility! (1)