



moksha yoga downtown

Calm mind.

Fit Body.

Inspired Life.

August 2010 Teaching Schedule

mokshayogadowntown.com

416.361.3033

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
								1
						8:00		Rachel (75) F
						10:00		Rachel (90) M
						12:00		Jackie (75) F
						2:00		Jackie (75) F
						4:00		Leah (90) M
						6:00		Paul (90) KR
	2	3	4	5	6		7	8
7:00	Leah (75) F	Leah (75) F	Marianne (60) S	Peter (75) F	Mike (60) F	8:00	Julie T (75)F	Rachel (75) F
10:00	Jess L (90) M	Leah (90) M	Jess L (90) L2	Peter (90) MM	Mike (90) M	10:00	Julie T (90) M	Rachel (90) M
12:00	Jess L (60) F	Jackie (60) F	Jess L (60) F	Peter (60) F	Peter (60) F	12:00	Jackie (75) F	Jackie (75) F
4:30	Tracey (60) F	Kierstin (60) F	Barbara (60) F	TBA (60) F	Peter (60) F	2:00	Jackie (75) F	Jackie (75) F
6:00	Barbara (90) M	Kierstin (90) M	Barbara (90) M	Brenden (90) M	Joshua (90) M	4:00	Brenden (90) M	Joshua (90) M
8:00	Barbara (75) M	Kierstin (75) L2	Holly (75) M	Julia G (75) F	Joshua (75) K	6:00	Brenden (75) MU	Paul (90) KR
9:45	Peter (60) F	Holly (60) F	Holly (60) F	Julia G (60) YY	*****			
	9	10	11	12	13		14	15
7:00	Leah (75) F	Leah (75) F	Marianne (60) S	Peter (75) F	Mike (60) F	8:00	Julie T (75) F	Rachel (75) F
10:00	Jess L (90) M	Leah (90) M	Jess L (90) L2	Peter (90) MM	Mike (90) M	10:00	Julie T (90) M	Rachel (90) M
12:00	Jess L (60) F	Jackie (60) F	Jess L (60) F	Peter (60) F	Peter (60) F	12:00	Julia (75) F	Julie (75) F
4:30	Tracey (60) F	Kierstin (60) F	Barbara (60) F	Jackie (60) F	Peter (60) F	2:00	Julia (75) F	Julie (75) F
6:00	Barbara (90) M	Kierstin (90) M	Barbara (90) M	Brenden (90) M	Joshua (90) M	4:00	Brenden (90) M	Joshua (90) M
8:00	Barbara (75) M	Kierstin (75) L2	Holly (75) M	Jackie (75) F	Joshua (75) K	6:00	Brenden (75) MU	Paul (90) KR
9:45	Peter (60) F	Holly (60) F	Holly (60) F	Jackie (60) YY	*****			
	16	17	18	19	20		21	22
7:00	Leah (75) F	Leah (75) F	Marianne (60) S	Peter (75) F	Mike (60) F	8:00	Julie T (75)F	Rachel (75) F
10:00	Jess L (90) M	Leah (90) M	Jess L (90) L2	Peter (90) MM	Mike (90) M	10:00	Julie T (90) M	Rachel (90) M
12:00	Jess L (60) F	Jackie (60) F	Jess L (60) F	Peter (60) F	Peter (60) F	12:00	Jackie (75) F	Jackie (75) F
4:30	Barbara (60) F	Kierstin (60) F	Barbara (60) F	Jackie (60) F	Peter (60) F	2:00	Jackie (75) F	Jackie (75) F
6:00	Barbara (90) M	Kierstin (90) M	Barbara (90) M	Brenden (90) M	Joshua (90) M	4:00	Brenden (90) M	Joshua (90) M
8:00	Barbara (75) M	Kierstin (75) L2	Holly (75) M	Julia G (75) F	Joshua (75) K	6:00	Brenden (75) MU	Joshua (90) S
9:45	Peter (60) F	Holly (60) F	Holly (60) F	Julia G (60) YY	*****			Special silent class w/ Joshua
	23	24	25	26	27		28	29
7:00	Leah (75) F	Leah (75) F	Marianne (60) S	Peter (75) F	Mike (60) F	8:00	Julie T(75)F	Rachel (75) F
10:00	Jess L (90) M	Leah(90) M	Jess L (90) L2	Peter (90) MM	Mike (90) M	10:00	Julie T (90) M	Rachel (90) M
12:00	Jess L (60) F	Jackie (60) F	Jess L (60) F	Peter ( 60 ) F	Peter (60) F	12:00	Jackie (75) F	Jackie (75) F
4:30	Barbara (60) F	Kierstin (60) F	Barbara (60) F	Jackie (60) F	Peter (60) F	2:00	Jackie (75) F	Jackie (75) F
6:00	Barbara( 90) M	Kierstin (90) M	Barbara (90) M	Barbara (90) M	Joshual(90) M	4:00	Brenden (90) M	Joshua (90) M
8:00	Barbara (75) M	Kierstin (75) L2	Holly (75) M	Barbara (75) F	Joshual (75) K	6:00	Brenden (75) MU	Paul (90) KR
9:45	Peter (60) F	Holly (60) F	Holly (60) F	Brenden (60)F	*****			
	30	31						
7:00	Leah (75) F	Leah (75) F						
10:00	Jess L (90) M	Leah (90) M						
12:00	Jess L (60) F	Jackie (60) F						
4:30	Barbara (60) F	Kierstin (60) F						
6:00	Barbara (90) M	Kierstin (90) M						
8:00	Barbara (75) M	Kierstin (75) L2						
9:45	Peter (60) F	Holly (60) F						

F-Flow Class  
KR-Kriya

MU-Moksha Music or Drumming  
M-Traditional Moksha

MM-Moksha Mix  
L2-Level Two Moksha

YY-Yang Yin  
K-Karma (\$8 minimum donation)  
S- Silent

\*calendar subject to class and instructor changes