



moksha yoga downtown

Calm mind.

Fit body.

Inspired life.

416.361.3033

mokshayogadowntown.com

february 2010 teaching schedule

new weekend classes! new times! sat. & sun. 8am, 10am, **12pm, 2pm**, 4pm, 6pm,
 new weekday class! 9:45 pm monday to thursday!
 - valentines day and family day special -
 purchase a transferrable 50 class family pass on feb 14th or feb 15th for only \$475.00 (reg. \$550.00)

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
TIME	1	2	3	4	5	TIME	6	7
7:00	Paul (75) Kriya Flow	Holly (75) F	Kierstin (60) S	Peter (75) F	Mike (75) F	8:00	Jacqueline(75)F	Peter (75) F
10:00	Jordan (90) M	Julie (90) MM	Kierstin (90) L2	Peter (90) MM	Mike (90) M	10:00	Jacqueline (90) M	Peter (90) M
12:00	Jordan(60) F	Julie (60) F	Jess L (60) F	Julia G(60) F	Peter (60) F	1:00	Tracey (75) F	Gabriela (75) F
4:30	Jess M (60) F	Kierstin (60) F	Barbara (60) F	Holly(60) F	Peter (60) F	4:00	Joshua (90) M	Joshua (90) M
6:00	Jess M (90) M	Kierstin (90) M	Barbara (90) M	Holly (90) M	Joshua(90) M	6:00	TBA (75) MF	Paul (90) KR
8:00	Jess M (75) M	Kierstin (75) F	Joshua (75)M	Jess L (75) F	Gabriella (75) K	8:00	Moksha Series	
9:45	Paul (60) YY	Peter (60) F	Jacqueline (60) F	Paul (60) YY	*****		Workshop	
	8	9	10	11	12		13	14
7:00	Julia G (75) F	Holly (75) F	Kierstin (60) S	Peter (75) F	Mike (75) F	8:00	Jacqueline(75)F	Peter (75) F
10:00	Jordan (90) M	Julie (90) MM	Kierstin (90) L2	Peter (90) MM	Mike (90) M	10:00	Jacqueline (90) M	Peter (90) M
12:00	Jordan (60) F	Julie (60) F	Marianne (60) F	Julia G(60) F	Peter (60) F	1:00	Tracey (75) F	Peter (75) F
4:30	Barbara (60) F	Kierstin (60) F	Barbara (60) F	Holly(60) F	Peter (60) F	4:00	Jordan (90) M	Joshua (90) M
6:00	Barbara (90) M	Kierstin (90) M	Barbara (90) M	Holly (90) M	Joshua(90) M	6:00	Jordan (75) MF	Paul (90) KR
8:00	Barbara (75) M	Kierstin (75) F	Joshua (75)M	Jess L (75) F	Joshua (75) K			Valentines Day
9:45	Paul (60) YY	Peter (60) F	Jacqueline (60) F	Paul (60) YY	*****			
	15	16	17	18	19		20	21
7:00	Family Day	Holly (75) F	Kierstin (60) S	Peter (75) F	Mike (75) F	8:00	Jacqueline(75)F	Peter (75) F
10:00	10am Jordan (90) M	Julie (90) MM	Kierstin (90) L2	Peter (90) MM	Mike (90) M	10:00	Jacqueline (90) M	Peter (90) M
12:00	12pm Jordan(60) F	Julie (60) F	Jacqueline (60) F	Peter(60) F	Peter (60) F	12:00	TBA (75) F	Peter (75) F
4:30	4:30 Jess M (60) F	Kierstin (60) F	Marianne(60) F	Holly(60) F	Peter (60) F	2:00	Tracey (75) F	Gabriela (75) F
6:00	6:00 Jess M (90) M	Kierstin (90) M	Marianne (90) M	Holly (90) M	Joshua(90) M	4:00	Rachel (90) M	Joshua (90) M
8:00	8:00 Jess M (75) M	Kierstin (75) F	Joshua (75)M	Holly (75) F	Gabriella (75) K	6:00	Rachel (75) MU	Paul (90) KR
9:45	*****	Peter (60) F	TBA (60)	Paul (60) YY	*****			
	22	23	24	25	26		27	28
7:00	Julia G (75) F	Holly (75) F	Kierstin (60) S	Peter (75) F	Mike (75) F	8:00	Jacqueline(75)F	Peter (75) F
10:00	Jordan (90) M	Julie (90) MM	Kierstin (90) L2	Peter (90) MM	Mike (90) M	10:00	Jacqueline (90) M	Peter (90) M
12:00	Jordan(60) F	Julie (60) F	Jess L (60) F	Julia G(60) F	Peter (60) F	12:00	Jacqueline(75)F	Peter (75) F
4:30	Jess M (60) F	Kierstin (60) F	Marianne (60) F	Holly(60) F	Peter (60) F	2:00	Tracey (75) F	Gabriela (75) F
6:00	Jess M (90) M	Kierstin (90) M	Joshua (90) M	Holly (90) M	Joshua(90) M	4:00	Joshua (90) M	Joshua (90) M
8:00	Jess M (75) M	Kierstin (75) F	Joshua (75)M	Jess L (75) F	Julia G (75) K	6:00	Gabriela (75) MF	Paul (90) KR
9:45	Paul (60) YY	Peter (60) F	Jacqueline (60) F	Paul (60) YY	*****			

F - Flow Class MF - Moksha Music or Drumming MM - Moksha Mix S - Silent KR - Kriya M - Traditional Moksha L2 - Level 2 Moksha K - Karma (min. 8\$ Donation) YY - Yang Yin

Calendar subject to class and instructor changes.