



moksha yoga downtown

Calm mind.

Fit body.

Inspired life.

416.361.3033

july 2009 teaching schedule

mokshayogadowntown.com

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
TIME			1	2	3	TIME	4	5
7:00		HAPPY CANADA DAY!		Julie (60) F	Mike (75) F			
10:00		10am Kiersten (90) L2		Leah (90) MM	Mike (90) M	10:00	Joshua (90) M	Gabriela (90) M
12:00		1pm Kiersten (60) F		Leah (60) F	Barbara (60) F	1:00	Mike (75) F	Gabriela (75) F
4:30		4pm Rebecca (60) F		Celeste (60) F	Barbara (60) F	4:00	Leah (90) M	Joshua (90) M
6:00		6pm Joshua (90) M		Celeste (90) M	Leah (90) M	6:00	Leah (75) MU	TBD (90)
8:00				Rebecca (75) YY	Leah (75) K			
	6	7	8	9	10		11	12
7:00	Leah (75) F	Marianne (75) F	Rebecca (60) S	Peter (75) F	Mike (60) F			
10:00	Nicole (90) M	Leah (90) M	Rebecca (90) L2	Peter (90) MM	Mike (90) M	10:00	Julie (90) M	Peter (90) M
12:00	Nicole (60) F	Leah (60) F	Jess M (60) F	Peter (60) F	Peter (60) F	1:00	Julie (75) F	Peter (75) F
4:30	Rebecca (60) F	Barbara (60) F	Peter (60) F	Julie (60) F	Peter (60) F	4:00	Joshua (90) M	Joshua (90) M
6:00	Jess M (90) M	Barbara (90) M	Joshua (90) M	Celeste (90) M	Julie (90) M	6:00	Joshua (90) M	Paul (90) KR
8:00	Jess M (75) M	Barbara (75) F	Joshua (75) M	Rebecca (75) YY	Julie (75) K			
	13	14	15	16	17		18	19
7:00	Mike S (75) F	Marianne (75) F	Rebecca (60) S	Peter (75) F	Mike (60) F			
10:00	Nicole (90) M	Julie (90) M	Celeste (90) L2	Peter (90) MM	Mike (90) M	10:00	Katie (90) M	Peter (90) M
12:00	Nicole (60) F	Julie (60) F	Celeste (60) F	Peter (60) F	Peter (60) F	1:00	Katie (75) F	Peter (75) F
4:30	Rebecca (60) MM	Barbara (60) F	Danny (60) F	Julie (60) F	Erin (60) F	4:00	Joshua (90) M	Joshua (90) M
6:00	Jess M (90) M	Barbara (90) M	Joshua (90) M	Celeste (90) M	Erin (90) M	6:00	Leah (75) MU	Paul (90) KR
8:00	Jess M (75) M	Barbara (75) F	Joshua (75) M	Rebecca (75) YY	Erin (75) K			
	20	21	22	23	24		25	26
7:00	Leah (75) F	Marianne (75) F	Rebecca (60) S	Peter (75) F	Mike (60) F			
10:00	Nicole (90) M	Leah (90) M	Kiersten (90) L2	Peter (90) MM	Mike (90) M	10:00	Julie (90) M	Peter (90) M
12:00	Nicole (60) F	Leah (60) F	Kiersten (60) F	Jess M (60) F	Julie (60) F	1:00	Julie (75) F	Peter (75) F
4:30	Rebecca (60) F	Kierstin (60) F	Leah (60) F	Julie (60) F	Julie (60) F	4:00	Joshua (90) M	Joshua (90) M
6:00	Jess M (90) M	Kierstin (90) M	Joshua (90) M	Celeste (90) M	Leah (90) M	6:00	Leah (75) MU	TBD (90)
8:00	Jess M (75) M	Kierstin (75) L2	Joshua (75) M	Rebecca (75) YY	Leah (75) K			
	27	28	29	30	31	<p>canada day classes july 1st 10am 1pm 4pm 6pm</p>		
7:00	Leah (75) F	Marianne (75) F	Rebecca (60) S	Peter (75) F	Mike (75) F			
10:00	Nicole (90) M	Leah (90) M	Kiersten (90) L2	Peter (90) MM	Mike (90) M			
12:00	Nicole (60) F	Leah (60) F	Kiersten (60) F	Jess M (60) F	Peter (60) F			
4:30	Jess M (60) MM	Kierstin (60) F	Danny (60) F	Julie (60) F	Peter (60) F			
6:00	Jess M (90) M	Kierstin (90) M	Joshua (90) M	Celeste (90) M	Leah (90) M			
8:00	Jess M (75) M	Kierstin (75) L2	Joshua (75) M	Rebecca (75) YY	Leah (75) K			

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

Calendar subject to class and instructor changes.