

SU	M	T	W	TH	F	S
February 2010 Heated	01 6:30am(h) Aaron 9:30am Diane 12pm(h) Diane 4:45pm(f) Peter 6:30pm(h) Peter 8pm Don	02 6:30am(hs) Tammy 9:30am Peter 12pm(h) Peter 4:45(L2) Jen S 6:30pm(h) Aaron 8pm Aaron	03 6:30am(my) Kosu 9:30am Daniel 12pm(h) Jen 4:45pm(f) Diane 6:30pm(h) Aaron 8pm Aaron	04 6:30am(hs) Don 9:30am Jen 12pm(h) Heather 4:45pm(L2) Danny 6:30pm(h) Danny 8pm Michelle.P	05 6:30am(h) Holly 9:30am Daniel 12pm(h) Heather 4:45pm(mf) Rhyll 6:30pm(h) Aaron 8pm(k) Jen S	06 8am Bob 10am Bob 12pm(h) Laura 3pm(c) Karen 5pm(f) Peter
07 8am(sm) Bonnie 10am Bonnie 12pm(h) Nicole 3pm(c) Kelly 5pm(f) Karina 7pm(h) Michelle.P	08 6:30am(h) Tammy 9:30am Diane 12pm(h) Diane 4:45pm(f) Peter 6:30pm(h) Peter 8pm Don	09 6:30am(hs) Peter 9:30am Peter 12pm(h) Peter 4:45(L2) Jen S 6:30pm(h) Tammy 8pm Tammy	10 6:30am(my) Kosu 9:30am Andrea 12pm(h) Jen 4:45pm(f) Diane 6:30pm(h) Michelle.P 8pm Michelle.P	11 6:30am(hs) Don 9:30am Jen 12pm(h) Heather 4:45pm(L2) Danny 6:30pm(h) Danny 8pm Michelle.P	12 6:30am(h) Holly 9:30am Daniel 12pm(h) Heather 4:45pm(mf) Rhyll 6:30pm(h) Andrea 8pm(k) Jen S	13 8am Kosu 10am Kosu 12pm(h) Michelle.P 1:30(p) Michelle.P 3pm(c) Indra 5pm(f) Peter 7pm(sh) Don
14 8am(sm) Don 10am Michelle.P 12pm(h) Michelle.P 3pm(c) Jordan 5pm(f) Karina 7pm(h) Michelle.P	15 <i>Family Day!</i> <i>10am(fam) Diane</i> <i>12pm(fam) Diane</i> 3pm Andrea 5pm(f) Andrea	16 6:30am(hs) Tammy 9:30am Peter 12pm(h) Peter 4:45(L2) Jen S 6:30pm(h) Aaron 8pm Aaron	17 6:30am(my) Kosu 9:30am Andrea 12pm(h) Jen 4:45pm(f) Diane 6:30pm(h) Aaron 8pm Aaron	18 6:30am(hs) Don 9:30am Jen 12pm(h) Heather 4:45pm(L2) Danny 6:30pm(h) Danny 8pm Michelle.P	19 6:30am(h) Holly 9:30am Daniel 12pm(h) Heather 4:45pm(mf) Rhyll 6:30pm(h) Aaron 8pm(k) Jen S	20 8am Bob 10am Bob 12pm(h) Michelle.P 3pm(c) Amanda 5pm(f) Peter
21 8am(sm) Aaron 10am Aaron 12pm(h) Tammy 3pm(c) Indra 5pm(f) Karina 7pm(h) Michelle.P	22 6:30am(h) Aaron 9:30am Diane 12pm(h) Diane 4:45pm(f) Michelle 6:30pm(h) Michelle 8pm Don	23 6:30am(hs) Peter 9:30am Peter 12pm(h) Peter 4:45(L2) Jen S 6:30pm(h) Aaron 8pm Aaron	24 6:30am(my) Kosu 9:30am Andrea 12pm(h) Jen 4:45pm(f) Diane 6:30pm(h) Aaron 8pm Aaron	25 6:30am(hs) Don 9:30am Jen 12pm(h) Heather 4:45pm(L2) Danny 6:30pm(h) Danny 8pm Michelle.P	26 6:30am(h) Holly 9:30am Daniel 12pm(h) Heather 4:45pm(mf) Rhyll 6:30pm(h) Aaron 8pm(k) Jen S	27 8am Bonnie 10am Bonnie 12pm(h) Laura 3pm(c) Indra 5pm(f) Peter 7pm(mc) Don

Moksha Yoga Bloor West 2454 Bloor Street West, 2nd Floor
www.mokshayogabloorwest.com 416.766.YOGA (9642)

Please arrive on time - Latecomers not permitted

(h) 60-minute class * (f) 75-minute Moksha Flow class * (my) Moksha / Yin * (k) Karma Class – 90-min Moksha class with proceeds supporting charity; min \$5 donation * (c) Community Class–90-min Moksha class; lead by new teachers-\$5 or free for unlimited pass-holders * (hs) Silent Class – 60-min class practiced in silence; suitable for students familiar with the series * (sm) Silent w/ Music – 90-min Moksha class with music, led without verbal instruction; suitable for students familiar with the series * (mf) Moksha Flow w/ Music -75 minute class that combines music with the regular Moksha series and Sun Salutations. * (L2) 75-min For those students who have practiced the Moksha series for at least 20 classes, the Level 2 classes are a venue for students to challenge their practice. Yoga experience required. (sh) Shaking Meditation-60 min (reduced heat). A challenging and dynamic meditation to shake up the charkas * (mc) Music class- live music will be provided by...you! (fam) Family-60 minute- no heat, all ages (p) Power of Movement Moksha Karma class-60minute- \$10 minimum donation www.powerofmovement.ca

SU	M	T	W	TH	F	S
February 2010	01 6pm(v) Emma	02 2pm(m&b) Jen S 6pm(a) Emma 8pm(diy) Dharma	03 6pm(rf) Nicole	04 6pm(a) Emma 8pm(r) Emma	05 6pm(hf) Jen S	06 9:30am(a) Emma 12pm(kd) Jen S
07 10:30am(p) Rhyll 4pm(y) Bob	08 6pm(v) Emma	09 2pm(m&b) Jen S 6pm(a) Emma 8pm(diy) Dharma	10 6pm(r) Jen M Featuring Jason Sills (RMT)	11 6pm(a) Emma 8pm(r) Emma	12 6pm(hf) Jen S	13 9:30am(a) Emma 12pm(kd) Jen S
14 10:30am(p) Rhyll 4pm(y) Joy	15 <i>Family Day!</i> <i>Vinyasa cancelled</i>	16 2pm(m&b) Jen S 6pm(a) Emma 8pm(diy) Dharma	17 6pm(rf) Nicole	18 6pm(a) Emma 8pm(r) Emma	19 6pm(hf) Jen S	20 9:30am(a) Emma 12pm(kd) Jen S
21 10:30am(p) Rhyll 4pm(y) Bob	22 6pm(v) Emma	23 2pm(m&b) Jen S 6pm(a) Emma 8pm(diy) Dharma	24 6pm(rf) Jen S	25 6pm(a) Emma 8pm(r) Emma	26 6pm(hf) Jen S	27 9:30am(a) Emma 12pm(kd) Jen S
28 10:30am(p) Rhyll 4pm(y) Joy	Non Heated Classes Please arrive on time - Latecomers not permitted					

(kd) Kids yoga – Ages 5+ *(y) Yin yoga – 60- minute class *(v) Vinyasa – 90-minute vinyasa flow class; all levels * (hf) Hatha Flow-90-minute class; all levels (a) Ashtanga – 90-minutes; all levels * (p) Pre-natal yoga – 6-week pre-registered series *(rf) Restorative Flow –90-minute; gentle movement & restorative postures* (r) Restorative- 60 minute: restorative postures (m&b) mom and baby yoga- infants are at a pre-crawling stage- deepen the experience of bonding with baby by continuing your yoga practice with your newborn (diy) Do-It-Yourself Dharma - 60-minute; peer-led community inspired by teachings of Noah Levine, consists of meditation, dharma talk and discussion. Cost is free. Donations accepted.

News & Events

<p>YogaCare is Here! Every Wednesday</p> <p>Come practice in the 9:30am class and feel comfortable knowing your child is being cared for in the room next to you. \$10 per child. Space is limited.</p>	<p>30 Day Challenge! Begins February 1st -March 2nd!</p> <p>Explore commitment, consistency, awareness, community and Transformation. Participants challenge themselves to practice for 30 consecutive days! \$135 for 30 days.</p>
<p>New! Do-It-Yourself Dharma Weekly Meditation Group Tuesdays 8-9pm</p> <p>Join us for a peer-led community inspired by teachings of Noah Levine, consists of meditation, dharma talk and discussion. Cost is Free. Donations accepted.</p>	<p>Family Day! Monday, February 15th 10am and 12pm</p> <p>Join us for Family Day yoga! No heat and all ages are welcome! These classes are \$5 minimum donation. All money raised will go to St. Christopher's House.</p>