

SU	M	T	W	TH	F	S
<b>July 2010 Heated Classes</b> Please arrive on time - Latecomers not permitted				01 10am Moksha 12pm(h) Moksha 3pm Moksha <b>Happy Canada Day!</b>	02 9:30am Moksha 12pm(h) Moksha 4:45pm Music Flow 6:30pm(h) Moksha 8pm Karma	03 <b>8am Canceled</b> 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow
04 8am Silent Music 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow <b>7pm(h)Canceled</b>	05 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	06 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h) Moksha 8pm Moksha	07 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	08 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h) Moksha 8pm Moksha	09 9:30am Moksha 12pm(h) Moksha 4:45pm Music Flow 6:30pm(h) Moksha 8pm Karma	10 <b>8am Canceled</b> 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow
11 8am Silent Music 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow 7pm(h) Moksha	12 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	13 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h) Moksha 8pm Moksha	14 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	15 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h) Moksha 8pm Moksha	16 9:30am Moksha 12pm(h) Moksha 4:45pm Music Flow 6:30pm(h) Moksha 8pm Karma	17 <b>8am Canceled</b> 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow
18 8am Silent Music 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow 7pm(h) Moksha	19 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	20 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h) Moksha 8pm Moksha	21 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	22 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h) Moksha 8pm Moksha	23 6:30am(h) Silent 9:30am Moksha 12pm(h) Moksha 4:45pm Music Flow 6:30pm(h) Moksha 8pm Karma	24 8am Moksha 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow
25 <b>8am Canceled</b> 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow 7pm(h) Moksha	26 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	27 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h) Moksha 8pm Moksha	28 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	29 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h) Moksha 8pm Moksha	30 9:30am Moksha 12pm(h) Moksha 4:45pm Music Flow 6:30pm(h) Moksha 8pm Karma	31 8am Moksha 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow
(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 * (lm) Live Music class- open mic meets yoga class (please inform us if you wish to sing/play an instrument)						

SU	M	T	W	TH	F	S
<b>July 2010 Non-heated Classes</b> Please arrive on time - Latecomers not permitted Moksha Yoga Bloor West 2454 Bloor Street West, 2nd Floor <a href="http://www.mokshayogabloorwest.com">www.mokshayogabloorwest.com</a> 416.766.YOGA (9642)				01 <b>6:30am canceled</b> <b>2pm canceled</b> <b>6pm canceled</b> <b>8pm canceled</b>	02 <b>6pm canceled</b>	03 <b>9:30am canceled</b> <b>12pm canceled</b> <b>4pm canceled</b>
04 <b>10:30am canceled</b> <b>12pm canceled</b> <b>4pm canceled</b>	05 6:30am(h) Moksha 6pm Vinyasa	06 6:30am(h) Silent 2pm Mom & Baby 6pm Ashtanga 8pm Yin	07 6:30am Moksha Yin 6pm Restorative Flow	08 6:30am(h) Silent 2pm Mom & Baby 6pm Ashtanga 1-2 8pm Restorative	09 6:30am(h) Moksha 6pm Hatha flow	10 9:30am Ashtanga 12pm kids 4pm Kriya
11 10:30am Pre-natal 12pm Restorative 4pm Yin	12 6:30am(h) Moksha 6pm Vinyasa	13 6:30am(h) Silent 2pm Mom & Baby 6pm Ashtanga 8pm Yin	14 6:30am Moksha Yin 6pm Restorative Flow	15 6:30am(h) Silent 2pm Mom & Baby 6pm Ashtanga 1-2 8pm Restorative	16 6:30am(h) Moksha 6pm Hatha flow	17 9:30am Ashtanga 12pm kids 4pm Kriya
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(kd) Kids yoga – Ages 4+ (y) Yin yoga – 60- min class (v) Vinyasa – 90-min; vinyasa flow class; all levels (hf) Hatha Flow-90-min class; all levels (a) Ashtanga – 90-min; all levels * (a1-2) Ashtanga Level 1-2- This is a more challenging class, exploring the more different postures of the ashtanga series (p) Pre-natal yoga-60min class; facilitate the arrival of baby through asana, meditation and sharing (rf) Restorative Flow –90-min; gentle movement & restorative postures* (r) Restorative- 60 min; restorative postures (m&b) mom/baby yoga- 60-min; class-infants are at a pre-crawling stage-deepen the experience of bonding with baby by continuing your yoga practice with your newborn (kr) Kriya Yoga- series of 18 postures with the focus on alternative pranayama (breathing) and meditation techniques.						

### News and Events

#### Canada Day Long Weekend Hours!

Thursday, July 1st classes offered 10am, 12pm, and 3pm. Non heated classes canceled.  
Friday, July 2nd non heated classes canceled.  
Saturday, July 3rd classes offered 10am, 12pm, 3pm and 5pm. Non heated classes canceled  
Sunday, July 4th classes offered 8am, 10am, 3pm and 5pm. Non heated classes and 7pm heated canceled.  
Saturday, July 31st classes offered 8am, 10am, 12pm, 3pm and 5pm. Non heated classes canceled

\* Please note changes for July due to the Moksha Yoga Teacher Training  
6:30 am classes will be moved to the non heated room  
Saturday, July 3rd, 10th and 17th 8am classes canceled  
Sunday, July 25th 8am silent music class canceled

#### Additional Mom and Baby classes! Thursdays at 2pm!

Mom and babies! More classes mean more fun! Bond with baby and become blessed!

#### Additional Yin Class! Tuesdays from 8-9pm!

Melt into your mat by ending your day with a Yin class!

#### DIY, LIVE MUSIC AND SHAKING MEDITATION CLASSES

Do-It-Yourself Meditation group will be on hold until September.  
Live Music and Shaking Meditation classes will be on hold and will restart in September.  
**YOGACARE ON HOLD UNTIL SEPTEMBER**  
YogaCare will be put on hold for July and August and will restart in September.