



Moksha Yoga North York

416-225-6767

www.MokshaYogaNorthYork.com

August 2010 Teaching Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 7-8 am (M) Danny 10-11:15 am (M) Megan 12-1 pm (M) Marisa 1:30-2:30 pm (C) Sam 5- 6pm (M) Jess 6:30 -7:45 pm (PF) Jess 8:15-9:30 pm (M) Christine	31 7-8 am (PF) Juliana 10-11:15 am (PF) Darcy 12-1 pm (M) Darcy 5-6 pm (M) Jess 6:30-7:45 pm (M) Jess 8:15-9:30 pm (PF) Vikram		M: Moksha SM: Silently lead Moksha class with music PF: Power Flow P: Pilates Y: Yin MY: MokshaYin	MW: Moksha Workshop C: Community (\$7 Moksha class lead by new instructor) K: Karma (Moksha class/min. \$7 donation to charity) Pre:Prenatal	10am classes Mon. – Fri. only \$10! PLEASE CHECK OUR WEBSITE FOR DETAILED CLASS DESCRIPTIONS THANK YOU!!	1 8-9:15 am (PF) Juliana 10-11:30 am (M) Nikki 12-1 pm (M) Marisa 1:30-2:30pm (MW) Amanda 3-4:30 pm (Y) Amanda 5-6:15 pm (M) Christine 8-9 pm (Pre) Sarah
2 7-8 am (M) Vikram 10-11:15 am (M) Megan 12-1 pm (M) Marisa 1:30-2:30 pm (C) Sam 5- 6pm (M) Jess 6:30 -7:45 pm (PF) Jess 8:15-9:30 pm (M) Nikki	3 7-8 am (PF) Juliana 10-11:15 am (PF) Darcy 12-1 pm (M) Darcy 5-6 pm (M) Jeff 6:30-7:45 pm (M) Vikram 8:15-9:30 pm (PF) Vikram	4 7-8 am (M) Bryde 10-11:15 am (M) Bryde 12-1 pm (P) Melissa 1:30- 2:30pm (M) Marisa 5-6 pm (M) Nikki 6:30-7:45 pm (PF) Jess 8:15 -9:30 pm (M) Jess	5 7-8 am (PF) Darcy 10-11:15 am (PF) Jess 12-1 pm (M) Jess 5-6 pm (M) Peter 6:30-7:45 pm (M) Peter 8:15- 9:30 (MY) Megan	6 7-8 am (SM) Bryde 10-11:15 am (M) Bryde 12-1 pm (M) Vikram 1:30 -2:30 (Y) Jes 5-6 pm (PF) Nikki 6:30-7:45 pm(PF) Nikki 8:15 -9:30 pm (K) Jeff	7 8-9:15 am(C) Talia 10-11:30 am (PF) Darcy 12-1 pm (M) Darcy 1:30-2:30 (M) Nikki 3-4:30 pm (M) Nikki 5-6:15 pm (M) Christine	8 8-9:15 am (PF) Juliana 10-11:30 am (M) Jeff 12-1 pm (M) Jeff 1:30-2:30 (MW) Nikki 3-4:30 pm (Y) Jes 5-6:15 pm (M) Jeff 8-9 pm (Pre) Sarah
9 7-8 am (M) Danny 10-11:15am (M) Megan 12-1 pm (M) Amanda 1:30-2:30 pm (C) Talia 5- 6pm (M) Jess 6:30 -7:45 pm (PF) Jess 8:15-9:30 pm (M) Jeff	10 7-8 am (PF) Juliana 10-11:15 am (PF) Michael 12-1 pm (M) Michael 5-6 pm (M) Amanda 6:30-7:45pm (M) Vikram 8:15-9:30 pm (PF) Vikram	11 7-8 am (M) Vikram 10-11 :15am (M) Michael 12-1 pm (P) Idil 1:30 -2:30 pm (M) Marisa 5-6 pm (M) Nikki 6:30-7:45 pm (PF) Jess 8:15 -9:30 pm (M) Jess	12 7-8 am (PF) Michael 10-11:15 am (PF) Jess 12-1 pm (M) Jess 5-6 pm (M) Peter 6:30-7:45 pm (M) Peter 8:15- 9:30 (MY) Amanda	13 7-8 am (SM) Bryde 10-11:15 am (M) Darcy 12-1 pm (M) Vikram 1:30 -2:30 pm (Y) Amanda 5-6pm Laura 6:30-7:45 pm(PF) Laura 8:15 -9:30 pm (K) Nikki	14 8-9:15 am(C) Stroud 10-11:30 am (PF) Laura 12-1 pm (M) Darcy 1:30- 2:30 pm(M) Nikki 3-4:30 pm (M) Nikki 5-6:15 pm (M) Jeff	15 8-9:15 am(PF) Juliana 10-11:30 am (M) Jason 12-1 pm (M) Nikki 1:30- 2:30 (MW) Amanda 3-4:30 pm (Y) Amanda 5-6:15 pm (M) Jason 8-9 pm (Pre) Sarah
16 7-8 am (M) Vikram 10-11:15 am (M) Michael 12-1 pm (M) Megan 1:30-2:30 pm (C) Kaycelyn 5-6 pm (M) Jeff 6:30-7:45 pm (PF) Jess 8:15-9:30 pm (M) Jess	17 7-8am (PF) Michael 10-11:15am (PF) Darcy 12-1 pm (M) Nikki 5-6 pm (M) Jess 6:30-7:45 pm (M) Jess 8:15-9:30 pm (PF) Vikram	18 7-8 am (M) Jason 10-11 :15am (M) Michael 12-1 pm (M) Anna 1:30-2:30pm(M) Marisa 5-6 pm (M) Nikki 6:30-7:45 pm (PF) Darcy 8:15 -9:30 pm (M) Jeff	19 7-8 am (PF) Michael 10-11:15 am (PF) Jess 12-1 pm (M) Jess 5-6 pm (M) Peter 6:30-7:45 pm (M) Peter 8:15- 9:30 (MY) Megan	20 7-8 am (SM) Eileen 10-11:15 am (M) Nikki 12-1 pm (M) Vikram 1:30 -2:30 pm (Y) Jes 5-6 pm (PF) Darcy 6:30-7:45 pm(PF) Darcy 8:15 -9:30 pm (K) Jeff	21 8-9:15 am(C) Stroud 10-11:30 am (PF) Darcy 12-1 pm (M) Nikki 1:30-2:30 pm (M) Nikki 3-4:30 pm (M) Jason 5-6:15 pm (M) Christine	22 8-9:15 am(PF) Juliana 10-11:30 am (M) Jeff 12-1 pm (M) Nikki 1:30- 2:30 pm (MW) Nikki 3-4:30 pm (Y) Megan 5-6:15 pm (M) Christine 8-9 pm (Pre) Sarah
23 7-8am (M) Danny 10-11:15 am (M) Megan 12-1 pm (M) Marisa 1:30-2:30 pm (C) Kaycelyn 5-6 pm (M) Christine 6:30pm (PF) Jess 8:15-9:30 pm (M) Jess	24 7-8am (PF) Michael 10-11:15am (PF) Vikram 12-1 pm (M) Nikki 5-6 pm (M) Stephanie 6:30-7:45 pm (M) Jess 8:15-9:15 pm (PF) Jess	25 7-8 am (M) Vikram 10-11 :15am (M) Michael 12-1 pm (P) Anna 1:30-2:30pm (M) Marisa 5-6 pm (M) Stephanie 6:30-7:45 pm (PF) Stephanie 8:15 -9:30 pm (M) Jeff	26 7-8 am (PF) Michael 10-11:15 am (PF) Stephanie 12-1 pm (M) Jason 5-6 pm (M) Peter 6:30-7:45 pm (M) Peter 8:15- 9:30 (MY) Megan	27 7-8 am (SM) Stephanie 10-11:15 am (M) Nikki 12-1 pm (M) Vikram 1:30 -2:30 pm (Y) Amanda 5-6 pm (PF) Michael 6:30-7:45 pm(PF) Michael 8:15 -9:30 pm (K) Jason	28 8-9:15 am(C) Kaycelyn 10-11:30 am (PF) Juliana 12-1 pm (M) Jason 1:30-2:30 pm (M) Jeff 3-4:30 pm (M) Jeff 5-6:15 pm (M) Nikki	29 8-9:15 am(PF) Juliana 10-11:30 am (M) Nikki 12-1 pm (M) Nikki 1:30- 2:30 pm (MW) Amanda 3-4:30 pm (Y) Amanda 5-6:15 pm (M) Jason 8-9 pm (Pre) Sarah