

SU	M	T	W	TH	F	S	
March 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(sm) Aaron 8pm Michelle.P 30DayCelebration18pm	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) Aaron	06 8am Bob 10am Bob 12pm(h) Laura 3pm(c) Karen *Michelle 5pm(f) Michelle	
	07 8am(sm) Aaron 10am Aaron 12pm(h) Tammy 3pm(c) Jordan *Karina 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) Aaron 8pm Aaron	10 6:30am(my) Kosu 9:30am Michelle.P 12pm(h) Jen 4:45pm(f) Diane 6:30pm(h) Michelle.P 8pm Laura	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) Nicole 8pm(k) Jen S	13 8am Holly 10am Michelle.P 12pm(h) Michelle.P 3pm(c) Indra *Daniel 5pm(f) Daniel 7pm(sh) Don
	14 8am(sm) Aaron 10am Aaron 12pm(h) Daniel 3pm(c) Amanda *Daniel 5pm(f) Michelle.P 7pm(h) Michelle.P	15 6:30am(h) Rebecca 9:30am Diane 12pm(h) Diane 4:45pm(f) Peter 6:30pm(h) Peter 8pm Don	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 Daniel 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) Tammy 8pm(k) Tammy	20 8am Bob 10am Bob 12pm(h) Bonnie 3pm(c) Indra *Michelle.P 5pm(f) Michelle.P
	21 8am(sm) Bonnie 10am Bonnie 12pm(h) Bonnie 3pm(c) Kelly *Karina 5pm(f) Karina 7pm(h) Michelle.P	22 6:30am(h) Aaron 9:30am Diane 12pm(h) Diane 4:45pm(f) Peter 6:30pm(h) Peter 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) Tammy 9:30am Michelle.P 12pm(h) Jen 4:45pm(f) Diane 6:30pm(h) Nicole 8pm Laura	25 6:30am(hs) Don 9:30am Jen 12pm(h) Heather 4:45pm(L2) Diane 6:30pm(h) Diane 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) Amanda *Michelle 5pm(f) Michelle 7pm(lm) Don
	28 8am(sm) Bonnie 10am Bonnie 12pm(h) Laura 3pm(c) Don *Karina 5pm(f) Karina 7pm(h) Michelle.P	29 6:30am(h) Tammy 9:30am Diane 12pm(h) Diane 4:45pm(f) Peter 6:30pm(h) Peter 8pm Don	30 6:30am(hs) Tammy 9:30am Peter 12pm(h) Peter 4:45(L2) Jen S 6:30pm(h) Aaron 8pm Aaron	31 6:30am(my) Kosu 9:30am Daniel 12pm(h) Jen 4:45pm(f) Diane 6:30pm(h) Aaron 8pm Aaron	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 * (lm) Live Music class- open mic meets yoga class (please inform us if you wish to perform)

SU	M	T	W	TH	F	S	
March 2010	01 6pm(v) Emma	02 2pm(m&b) Jen S 6pm(a) Emma 8pm(diy) Dharma	03 6pm(rf) Jen S	04 6pm(a) Emma 8pm(r) Emma	05 6pm(hf) Nicole	06 9:30am(a) Emma 12pm(kd) Lisette	
	07 10:30am(p) Rhyll 4pm(y) Bob	08 6pm(v) Emma	09 2pm(m&b) Jen S 6pm(a) RebeccaM 8pm(diy) Dharma	10 6pm(r) Jen M Featuring Jason Sills (RMT)	11 6pm(a) Emma 8pm(r) Emma	12 6pm(hf) Jen S	
	14 10:30am(p) Rhyll 12pm(ppw) Rhyll* 4pm(y) Joy	15 6pm(v) Emma	16 2pm(m&b) Jen S 6pm(a) Emma 8pm(diy) Dharma	17 6pm(rf) Jen S	18 6pm(a) Emma 8pm(r) Emma	19 6pm(hf) Nicole	20 9:30am(a) Emma 12pm(kd) Lisette
	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) Jen S 4pm(y) Bob	29 6pm(v) Emma	30 2pm(m&b) Jen S 6pm(a) Emma 8pm(diy) Dharma	31 6pm(rf) Nicole	Non Heated Classes Please arrive on time - Latecomers not permitted		

(kd) Kids yoga – Ages 5+ *(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 * (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 (diy) Do-It-Yourself Dharma - 60-min; peer-led community inspired by teachings of Noah Levine, consists of meditation,dharma talk and discussion. Cost is free. Donations accepted. (ppw) prenatal partner workshop- partners come for prenatal workshop*pre-registration required-\$20 per couple

News & Events

<p>Moksha Yoga Bloor West 30-Day Challenge Celebration Wednesday, March 3rd at 8pm</p> <p>We will be hosting a vegetarian pot luck beginning at 8pm on Wednesday, March 3rd after our silent music class celebrating the completion of the Challenge. Please come join us for both the class and the pot luck even if you have not taken part in this season's 30 Day Challenge.</p>	<p>Power of Movement Raffle!</p> <p>Moksha Yoga Bloor West will be holding a raffle to benefit the Power of Movement campaign to raise funds for arthritis research. Tickets will be 1 for \$5 or 3 for \$10 and they can be purchased at the front desk. The winner's names will be drawn on Saturday March 6th.</p>
<p>Do-It-Yourself Dharma Weekly Meditation Group! Tuesdays 8 pm - 9 pm</p> <p>D.I.Y. Dharma is a peer-led community inspired by the teachings of Noah Levine. This weekly class consists of a meditation period (20-30 minutes) followed by a dharma talk and discussion.</p> <p>Cost is free and donations accepted.</p>	<p>Prenatal Partner Workshop</p> <p>Join us after the regular Prenatal class on March 14th from 12-1pm with your partner.</p> <p>This workshop will engage you both in the process and magic that is your growing baby.</p> <p>Please arrive at 11:45 am. * Pre-registration required -\$20 per couple</p>