

SU	M	T	W	TH	F	S
September 2010 Heated Classes Please arrive on time - Latecomers not permitted			01 6:30am(my) Kosu 9:30am Jen 12pm(h) Heather 4:45pm(f) Diane 6:30pm(h) Diane 8pm Aaron	02 6:30am(hs) Bob 9:30am Jen 12pm(h) Heather 4:45pm(L2) Danny 6:30pm(h) Danny 8pm Michelle.P	03 6:30am(h)Amanda 9:30am Nicole 12pm(h) Nicole 4:45pm(mf) Rhyll 6:30pm(h)Aaron 8pm(k)Aaron	04 8am Bob 10am Bob 12pm(h) Leah 3pm(c) Allie * Daniel 5pm(f) Daniel
05 8am(sm)Bonnie 10am Bonnie 12pm(h)Kelly 3pm(c) Karen * Karina 5pm(f) Karina 7pm(h) cancelled	06 10am Diane 12pm(h) Diane 3pm(f)Peter 5pm(h)Peter Labour Day Holiday!	07 6:30am(hs)Aaron 9:30am Peter 12pm(h) Peter 4:45(L2) Jen S 6:30pm(h)Barbara 8pm Barbara	08 6:30am(my) Kosu 9:30am Natalia 12pm(h) Heather 4:45pm(f) Diane 6:30pm(h) Diane 8pm Laura	09 6:30am(hs) Bob 9:30am Jen 12pm(h) Heather 4:45pm(L2) Danny 6:30pm(h) Danny 8pm Michelle.P	10 6:30am(h)Amanda 9:30am Nicole 12pm(h) Nicole 4:45pm(mf) Rhyll 6:30pm(h)Bonnie 8pm(k) Bonnie	11 8am Gabriela 10amMichelle.P 12pm(h)Michelle.P 3pm(c) Fana * Daniel 5pm(f)Daniel
12 8am(sm)Aaron 10am Aaron 12pm(h)Gabriela 3pm(c) Karen *Karina 5pm(f) Karina 7pm(h) Michelle.P	13 6:30am(h)Holly 9:30am Diane 12pm(h) Diane 4:45pm(f)Peter 6:30pm(h)Peter 8pm Jordan	14 6:30am(hs) Peter 9:30am Peter 12pm(h) Peter 4:45(L2) Jen S 6:30pm(h)Barbara 8pm Barbara	15 6:30am(my) Kosu 9:30am Jen 12pm(h) Heather 4:45pm(f) Diane 6:30pm(h) Diane 8pm Aaron	16 6:30am(hs)Don 9:30am Jen 12pm(h) Heather 4:45pm(L2) Diane 6:30pm(h)Diane 8pm Michelle.P	17 6:30am(h)Amanda 9:30am Michelle.D 12pm(h) Michelle.D 4:45pm(mf) Rhyll 6:30pm(h) Aaron 8pm(k) Aaron	18 8am Andrea 10am Andrea 12pm(h) Leah 3pm(c) Ed *Michelle.P 5pm(f)Michelle.P
19 8am Aaron 10am Aaron 12pm(h) Andrea 3pm(c)Indra *Andrea 5pm(f)Michelle.P 7pm(h) Michelle.P	20 6:30am(h)Holly 9:30am Diane 12pm(h) Diane 4:45pm(f)Peter 6:30pm(h)Peter 8pm Jordan	21 6:30am(hs) Aaron 9:30am Peter 12pm(h) Peter 4:45(L2) Jen S 6:30pm(h)Barbara 8pm Barbara	22 6:30am(my) Kosu 9:30am Jen 12pm(h) Heather 4:45pm(f) Diane 6:30pm(h) Diane 8pm Aaron	23 6:30am(hs) Don 9:30am Jen 12pm(h) Heather 4:45pm(L2) Danny 6:30pm(h) Danny 8pm Michelle.P	24 6:30am(h)Amanda 9:30am Nicole 12pm(h) Nicole 4:45pm(mf)Rhyll 6:30pm(h) Bonnie 8pm(k) Bonnie	25 8am Bob 10am Bob 12pm(h)Gabriela 3pm(c) K.C *Daniel 5pm(f) Daniel 7pm(lm)Don
26 8am Bonnie 10am Bonnie 12pm(h) Kelly 3pm(c)Indra *Karina 5pm(f) Karina 7pm(h) Michelle.P	27 6:30am(h) Holly 9:30am Diane 12pm(h) Diane 4:45pm(f)Peter 6:30pm(h)Peter 8pm Jordan	28 6:30am(hs) Peter 9:30am Peter 12pm(h) Peter 4:45(L2) Jen S 6:30pm(h)Barbara 8pm Barbara	29 6:30am(my) Kosu 9:30am Natalia 12pm(h) Heather 4:45pm(f) Diane 6:30pm(h) Diane 8pm Laura	30 6:30am(hs) Bob 9:30am Jen 12pm(h) Heather 4:45pm(L2) Danny 6:30pm(h) Danny 8pm Michelle.P		
(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-\$7 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)						

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September 2010 Non-heated Classes Please arrive on time - Latecomers not permitted			01 6p(r) Nicole	02 2p(m&b) Jen S 6p(a1-2) Emma 8p(r) Emma	03 6p(hf) Elyse	04 9:30a(a) Cancelled 12p(kd) Cancelled 4p(kr) Cancelled
05 10:30a(p)Cancelled 12p(r) Cancelled 4p(y) Cancelled	06 6p(v) Cancelled	07 2p(m&b) Jen S 6p(a) Emma 8p(y) Emma	08 9:30a(YC) Tanya 6p(rf) Jen	09 2p(m&b) Jen S 6m(a1-2) Emma 8p(r) Emma	10 6p(hf) Elyse	11 9:30a(a) Paul 12p(kd) Jen S 4p(kr) Paul
12 10:30a(p)Rhyll 12pm(r) Rhyll 4pm(y) Bob	13 6p(v) Paul	14 2p(m&b) Jen S 6p(a) Emma 8p(y) Emma	15 9:30a(YC) Tanya 6p(rf)Jen S Featuring Jason RMT	16 2p(m&b) Jen S 6p(a1-2) Emma 8p(r) Emma	17 6p(hf) Jen S	18 9:30a(a) Paul 12p(kd) Tanya 4p(kr) Kalyna
19 10:30am(p)Leah 12pm(r) Leah 4pm(y)Joy	20 6p(v) Paul	21 2pm(m&b) Jen S 6pm(a) Emma 8pm (y) Emma	22 9:30a(YC) Tanya 6p(rf)Nicole	23 2p(m&b) Jen S 6p(a1-2) Emma 8p(r) Emma	24 6p(hf) Jen S	25 9:30a(a) Paul 12p(kd) Jen S 4p(kr) Paul
26 10:30a(p)Rhyll 12p(r) Rhyll 4p(y)Bob	27 6p(v) Paul	28 2pm(m&b) Jen S 6pm(a) Emma 8pm (y) Emma	29 9:30a(YC) Tanya 6p(rf) Jen	30 2p(m&b) Jen S 6p(a1-2) Emma 8p(r) Emma		
(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* @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 (PW) Prenatal Partner Workshop- Mom's to be, join us on Sunday August 1 st 12-1pm for a Prenatal Partners yoga class. This workshop will engage both you and your partner in the process and magic that is your growing babe. Please arrive at 11:45am * Pre-registration required- \$20 per couple Yoga Care (YC)- 90 min; in studio care for kids 1-5 years of age while you practice in the next room. \$10 per child						
News and Events						
Labour Day Long Weekend! Saturday September 4 th - Non-Heated Classes Cancelled Sunday September 5 th -7pm Moksha Class Cancelled Non-Heated Classes Cancelled Monday September 6 th -6:30 am and evening Moksha Classes Cancelled Non-Heated Classes Cancelled				LIVE MUSIC CLASS is back on Saturday September 25 th , bring and instrument/your voice to sing out! YogaCare Is back starting Wednesday, September 8 th during the 9:30 am class. \$10 per child SHAKING MEDITATION CLASS will return in October		