

SU	M	T	W	TH	F	S	
01 8am Silent Music 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow 7pm(h)Canceled	02 10am Moksha 12pm(h) Moksha 3pm Moksha 5pm Flow <i>Civic Holiday</i>	03 6:30 (hs) Silent 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h)Moksha 8pm Moksha	04 6:30(h)Moksha/Yin 9:30am Moksha 12pm(h) Moksha 4:45 Flow 6:30pm(h)Moksha 8pm Moksha	05 6:30 (hs) Silent 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h)Moksha 8pm Moksha	06 6:30 (h) Moksha 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Karma	07 8am Moksha 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow	
08 8am Silent Music 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow 7pm(h) Moksha	09 6:30 (h) Moksha 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	10 6:30 (hs) Silent 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h)Moksha 8pm Moksha	11 6:30(h)Moksha/Yin 9:30am Moksha 12pm(h) Moksha 4:45 Flow 6:30pm(h)Moksha 8pm Moksha	12 6:30 (hs) Silent 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h)Moksha 8pm Moksha	13 6:30 (h) Moksha 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Karma	14 8am Moksha 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow	
15 8am Silent Music 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow 7pm(h) Moksha	16 6:30 (h) Moksha 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	17 6:30 (hs) Silent 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h)Moksha 8pm Moksha	18 6:30(h)Moksha/Yin 9:30am Moksha 12pm(h) Moksha 4:45 Flow 6:30pm(h)Moksha 8pm Moksha	19 6:30 (hs) Silent 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h)Moksha 8pm Moksha	20 6:30 (h) Moksha 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Karma	21 8am Moksha 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow	
22 8am Silent Music 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow 7pm(h) Moksha	23 6:30 (h) Moksha 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Moksha	24 6:30 (hs) Silent 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h)Moksha 8pm Moksha	25 6:30(h)Moksha/Yin 9:30am Moksha 12pm(h) Moksha 4:45 Flow 6:30pm(h)Moksha 8pm Moksha	26 6:30 (hs) Silent 9:30am Moksha 12pm(h) Moksha 4:45 Level 2 6:30pm(h)Moksha 8pm Moksha	27 6:30 (h) Moksha 9:30am Moksha 12pm(h) Moksha 4:45pm Flow 6:30pm(h) Moksha 8pm Karma	28 8am Moksha 10am Moksha 12pm(h) Moksha 3pm Community 5pm Flow	
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<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-\$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)</p>							

SU	M	T	W	TH	F	S	
01 10:30am canceled 12pm Prenatal Partner Workshop 4pm canceled	02 6pm canceled	03 2pm Mom & Baby 6pm Ashtanga 8pm Yin	04 6pm Restorative Flow/RMT	05 2pm Mom & Baby 6pm Ashtanga 1-2 8pm Restorative	06 6pm Hatha flow	07 9:30am Ashtanga 12pm Kids 4pm Kriya	
08 10:30am Pre-natal 12pm Restorative 4pm yin	09 6pm Vinyasa	10 2pm Mom & Baby 6pm Ashtanga 8pm Yin	11 6pm Restorative Flow	12 2pm Mom & Baby 6pm Ashtanga 1-2 8pm Restorative	13 6pm Hatha flow	14 9:30am Ashtanga 12pm Kids 4pm Kriya	
15 10:30am Pre-natal 12pm Restorative 4pm yin	16 6pm Vinyasa	17 2pm Mom & Baby 6pm Ashtanga 8pm Yin	18 6pm Restorative Flow	19 2pm Mom & Baby 6pm Ashtanga 1-2 8pm Restorative	20 6pm Hatha flow	21 9:30am Ashtanga 12pm Kids 4pm Kriya	
22 10:30am Pre-natal 12pm Restorative 4pm yin	23 6pm Vinyasa	24 2pm Mom & Baby 6pm Ashtanga 8pm Yin	25 6pm Restorative Flow	26 2pm Mom & Baby 6pm Ashtanga 1-2 8pm Restorative	27 6pm Hatha flow	28 9:30am Ashtanga 12pm Kids 4pm Kriya	
29 10:30am Pre-natal 12pm Restorative 4pm yin	30 6pm Vinyasa	31 2pm Mom & Baby 6pm Ashtanga 8pm Yin	August 2010 Non-Heated Class Please Arrive on Time-Latecomers Not Permitted Moksha Yoga Bloor West 2454 Bloor Street West 2 nd Floor www.mokshayogabloorwest.com 419-766-9642 (YOGA)				
<p>(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) Prenatal 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 1st 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</p>							
News and Events							
Civic Holiday Long Weekend Hours! Sunday August 1 7pm Moksha Class Cancelled Non-Heated Classes Cancelled Monday August 2 6:30 am and evening Moksha Classes Cancelled Non-Heated Classes Cancelled			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.				