



# Moksha Yoga North York

416-225-6767

www.MokshaYogaNorthYork.com

## MARCH 2010 Teaching Schedule

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  | Sunday  |
|--|--|---|--|---|---|---|
| <b>7-8am (M)</b><br>Michael<br><b>10-11:15am (M)</b><br>Megan<br><b>12-1pm (M)</b><br>Megan<br><b>1:30-2:30pm (C)</b><br>Amanda<br><b>5-6pm (M)</b><br>Stephanie<br><b>6:30-7:45pm (PF)</b><br>Stephanie<br><b>8:15-9:30pm (M)</b><br>Nikki                          | <b>2</b><br><b>7-8 am (PF)</b><br>Ashleigh<br><b>10-11:15 am (PF)</b><br>Michelle<br><b>12-1 pm (M)</b><br>Stephanie<br><b>5-6 pm (M)</b><br>Jess<br><b>6:30-7:45 pm (M)</b><br>Jess<br><b>8:15-9:30 pm (PF)</b><br>Darcy  | <b>3</b><br><b>7-8 am (M)</b><br>Stephanie<br><b>10-11:15 am (M)</b><br>Nikki<br><b>12-1 pm (P)</b><br>Anna<br><b>1:30 – 2:30pm (M)</b><br>Darcy<br><b>5-6 pm (M)</b><br>Jess<br><b>6:30-7:45 pm (PF)</b><br>Jess<br><b>8:15 -9:30 pm (M)</b><br>Hayley   | <b>4</b><br><b>7-8 am (PF)</b><br>Darcy<br><b>10-11:15 am (PF)</b><br>Jess<br><b>12-1 pm (M)</b><br>Jess<br><b>5-6 pm (M)</b><br>Peter<br><b>6:30-7:45 pm (M)</b><br>Peter<br><b>8:15- 9:30 (MY)</b><br>Megan  | <b>5</b><br><b>7-8 am (SM)</b><br>Ashleigh<br><b>10-11:15 am (M)</b><br>Michelle<br><b>12-1 pm (M)</b><br>Michelle<br><b>1:30-2:30 pm (Y)</b><br>Amanda<br><b>5-6 pm (PF)</b><br>Jess<br><b>6:30-7:45 pm(PF)</b><br>Jess<br><b>8:15 -9:30 pm (K)</b><br>Jess  | <b>6</b><br><b>8-9:15 am (C)</b><br>Karen<br><b>10-11:30 am (PF)</b><br>Laura<br><b>12-1 pm (M)</b><br>Laura<br><b>1:30-2:30 pm (BW)</b><br>Laura<br><b>3-4:30 pm (M)</b><br>Hayley<br><b>5-6:15 pm (M)</b><br>Hayley   | <b>7</b><br><b>8-9:15 am (PF)</b><br>Michael<br><b>10-11:30 am (M)</b><br>Laura<br><b>12-1 pm (M)</b><br>Laura<br><b>1:30 – 2:30 pm (M)</b><br>Laura<br><b>3-4:30 pm (Y)</b><br>Pierina<br><b>5-6:15 pm (M)</b><br>Ashleigh<br><b>7:30-8:30 pm (Pre)</b><br>Sarah<br><b>7:30-8:30 pm (Med)</b><br>Carina      |
| <b>8</b><br><b>7-8 am (M)</b><br>Michael<br><b>10-11:15 am (M)</b><br>Laura<br><b>12-1 pm (M)</b><br>Megan<br><b>1:30-2:30 pm (C)</b><br>Christine<br><b>5- 6pm (M)</b><br>Jess<br><b>6:30 -7:45 pm (PF)</b><br>Jess<br><b>8:15-9:30 pm (M)</b><br>Nikki             | <b>9</b><br><b>7-8 am (PF)</b><br>Stephanie<br><b>10-11:15 am (PF)</b><br>Michelle<br><b>12-1 pm (M)</b><br>Stephanie<br><b>5-6 pm (M)</b><br>Darcy<br><b>6:30-7:45 pm (M)</b><br>Jess<br><b>8:15-9:30 pm (PF)</b><br>Jess   | <b>10</b><br><b>7-8 am (M)</b><br>Bryde<br><b>10-11:15 am (M)</b><br>Nikki<br><b>12-1 pm (P)</b><br>Anna<br><b>1:30 – 2:30pm (M)</b><br>Stephanie<br><b>5-6 pm (M)</b><br>Darcy<br><b>6:30-7:45 pm (PF)</b><br>Darcy<br><b>8:15 -9:30 pm (M)</b><br>Nikki | <b>11</b><br><b>7-8 am (PF)</b><br>Ashleigh<br><b>10-11:15 am (PF)</b><br>Jess<br><b>12-1 pm (M)</b><br>Jess<br><b>5-6 pm (M)</b><br>Peter<br><b>6:30-7:45 pm (M)</b><br>Peter<br><b>8:15- 9:30 (MY)</b><br>Megan  | <b>12</b><br><b>7-8 am (SM)</b><br>Ashleigh<br><b>10-11:15 am (M)</b><br>Jess<br><b>12-1 pm (M)</b><br>Jess<br><b>1:30 -2:30 (Y)</b><br>Amanda<br><b>5-6 pm (PF)</b><br>Stephanie<br><b>6:30-7:45 pm(PF)</b><br>Nikki<br><b>8:15 -9:30 pm (K)</b><br>Nikki    | <b>13</b><br><b>8-9:15 am(C)</b><br>Jeff<br><b>10-11:30 am (PF)</b><br>Jess<br><b>12-1 pm (M)</b><br>Jess<br><b>1:30-2:30 (BW)</b><br>Darcy<br><b>3-4:30 pm (M)</b><br>Hayley<br><b>5-6:15 pm (M)</b><br>Hayley         | <b>14</b><br><b>8-9:15 am (PF)</b><br>Michael<br><b>10-11:30 am (M)</b><br>Bryde<br><b>12-1 pm (M)</b><br>Ashleigh<br><b>1:30-2:30 (M)</b><br>Bryde<br><b>3-4:30 pm (Y)</b><br>Amanda<br><b>5-6:15 pm (M)</b><br>Stephanie<br><b>7:30-8 :30 pm (Pre)</b><br>Sarah<br><b>7:30-8:30 pm (Med)</b><br>Carina      |
| <b>15</b><br><b>7-8 am (M)</b><br>Jacqueline<br><b>10-11:15am (M)</b><br>Pierina<br><b>12-1 pm (M)</b><br>Pierina<br><b>1:30-2:30 pm (C)</b><br>Amanda<br><b>5- 6pm (M)</b><br>Stephanie<br><b>6:30 -7:45 pm (PF)</b><br>Juliana<br><b>8:15-9:30 pm (M)</b><br>Nikki | <b>16</b><br><b>7-8 am (PF)</b><br>Stephanie<br><b>10-11:15 am (PF)</b><br>Stephanie<br><b>12-1 pm (M)</b><br>Nikki<br><b>5-6 pm (M)</b><br>Jess<br><b>6:30-7:45pm (M)</b><br>Jess<br><b>8:15-9:30 pm (PF)</b><br>Darcy  | <b>17</b><br><b>7-8 am (M)</b><br>Ashleigh<br><b>10-11 :15am (M)</b><br>Nikki<br><b>12-1 pm (P)</b><br>Anna<br><b>1:30 -2:30 pm (M)</b><br>Marisa<br><b>5-6 pm (M)</b><br>Jess<br><b>6:30-7:45 pm (PF)</b><br>Jess<br><b>8:15 -9:30 pm (M)</b><br>Hayley  | <b>18</b><br><b>7-8 am (PF)</b><br>Stephanie<br><b>10-11:15 am (PF)</b><br>Jess<br><b>12-1 pm (M)</b><br>Jess<br><b>5-6 pm (M)</b><br>Peter<br><b>6:30-7:45 pm (M)</b><br>Peter<br><b>8:15- 9:30 (MY)</b><br>Marisa  | <b>19</b><br><b>7-8 am (SM)</b><br>Ashleigh<br><b>10-11:15 am (M)</b><br>Jess<br><b>12-1 pm (M)</b><br>Jess<br><b>1:30 -2:30 pm (Y)</b><br>Amanda<br><b>5-6 pm (PF)</b><br>Darcy<br><b>6:30-7:45 pm(PF)</b><br>Darcy<br><b>8:15 -9:30 pm (K)</b><br>Hayley    | <b>20</b><br><b>8-9:15 am(C)</b><br>Jeff<br><b>10-11:30 am (PF)</b><br>Darcy<br><b>12-1 pm (M)</b><br>Ashleigh<br><b>1:30- 2:30 pm(BW)</b><br>Darcy<br><b>3-4:30 pm (M)</b><br>Hayley<br><b>5-6:15 pm (M)</b><br>Hayley | <b>21</b><br><b>8-9:15 am(PF)</b><br>Juliana<br><b>10-11:30 am (M)</b><br>Marisa<br><b>12-1 pm (M)</b><br>Ashleigh<br><b>1:30- 2:30</b><br>Bryde<br><b>3-4:30 pm (Y)</b><br>Amanda<br><b>5-6:15 pm (M)</b><br>Hayley<br><b>7:30-8:30 pm (Pre)</b><br>Sarah<br><b>7:30-8:30 pm (Med)</b><br>Carina             |
| <b>22</b><br><b>7-8 am (M)</b><br>Danny<br><b>10-11:15 am (M)</b><br>Megan<br><b>12-1 pm (M)</b><br>Marisa<br><b>1:30-2:30 pm (C)</b><br>Christine<br><b>5-6 pm (M)</b><br>Jess<br><b>6:30-7:45 pm (PF)</b><br>Jess<br><b>8:15-9:30 pm (M)</b><br>Nikki              | <b>23</b><br><b>7-8am (PF)</b><br>Stephanie<br><b>10-11:15am (PF)</b><br>Michelle<br><b>12-1 pm (M)</b><br>Stephanie<br><b>1:30-3:30pm</b><br><b>Posture Clinic</b><br><b>Pre-Register</b><br><b>Michelle</b><br><b>5-6 pm (M)</b><br>Jess<br><b>6:30-7:45 pm (M)</b><br>Jess<br><b>8:15-9:30 pm (PF)</b><br>Darcy | <b>24</b><br><b>7-8 am (M)</b><br>Michael<br><b>10-11 :15am (M)</b><br>Nikki<br><b>12-1 pm (P)</b><br>Anna<br><b>1:30-2:30pm(M)</b><br>Marisa<br><b>5-6 pm (M)</b><br>Darcy<br><b>6:30-7:45 pm (PF)</b><br>Darcy<br><b>8:15 -9:30 pm (M)</b><br>Hayley    | <b>25</b><br><b>7-8 am (PF)</b><br>Ashleigh<br><b>10-11:15 am (PF)</b><br>Jess<br><b>12-1 pm (M)</b><br>Jess<br><b>1 :30-3 :30pm</b><br><b>Posture Clinic</b><br><b>Pre-Register</b><br><b>Michelle</b><br><b>5-6 pm (M)</b><br>Peter<br><b>6:30-7:45 pm (M)</b><br>Peter<br><b>8:15- 9:30 (MY)</b><br>Megan | <b>26</b><br><b>7-8 am (SM)</b><br>Ashleigh<br><b>10-11:15 am (M)</b><br>Jess<br><b>12-1 pm (M)</b><br>Jess<br><b>1:30 -2:30 pm (Y)</b><br>Jess M<br><b>5-6 pm (PF)</b><br>Juliana<br><b>6:30-7:45 pm(PF)</b><br>Juliana<br><b>8:15 -9:30 pm (K)</b><br>Nikki | <b>27</b><br><b>8-9:15 am(C)</b><br>Jeff<br><b>10-11:30 am (PF)</b><br>Jess<br><b>12-1 pm (M)</b><br>Jess<br><b>1:30-2:30 pm (BW)</b><br>Darcy<br><b>3-4:30 pm (M)</b><br>Hayley<br><b>5-6:15 pm (M)</b><br>Hayley      | <b>28</b><br><b>8-9:15 am(PF)</b><br>Juliana<br><b>10-11:30 am (M)</b><br>Stephanie<br><b>12-1 pm (M)</b><br>Ashleigh<br><b>1:30- 2:30 pm (M)</b><br>Ashleigh<br><b>3-4:30 pm (Y)</b><br>Amanda<br><b>5-6:15 pm (M)</b><br>Bryde<br><b>7:30-8:30 pm (Pre)</b><br>Sarah<br><b>7:30-8:30 pm (Med)</b><br>Carina |
| <b>29</b><br><b>7-8am (M)</b><br>Ashleigh<br><b>10-11:15 am (M)</b><br>Stephanie<br><b>12-1 pm (M)</b><br>Marisa<br><b>1:30-2:30 pm(C)</b><br>Amanda<br><b>5-6 pm (M)</b><br>Stephanie<br><b>6:30pm (PF)</b><br>Juliana<br><b>8:15-9:30 pm (M)</b><br>Nikki          | <b>30</b><br><b>7-8am (PF)</b><br>Michael<br><b>10-11:15am (PF)</b><br>Michelle<br><b>12-1 pm (M)</b><br>Stephanie<br><b>5-6 pm (M)</b><br>Jess<br><b>6:30-7:45 pm (M)</b><br>Jess<br><b>8:15-9:15 pm (PF)</b><br>Darcy  | <b>31</b><br><b>7-8 am (M)</b><br>Ashleigh<br><b>10-11 :15am (M)</b><br>Nikki<br><b>12-1 pm (P)</b><br>Anna<br><b>1:30-2:30pm (M)</b><br>Marisa<br><b>5-6 pm (M)</b><br>Jess<br><b>6:30-7:45 pm (PF)</b><br>Jess<br><b>8:15 -9:30 pm (M)</b><br>Hayley    | <b>M: Moksha</b><br><b>SM: Silently</b><br><b>lead Moksha</b><br><b>class with</b><br><b>music</b><br><b>PF: Power Flow</b><br><b>P: Pilates</b><br><b>MY: MokshaYin</b><br><b>Y: Yin</b><br><b>Pre:Prenatal</b>   | <b>C: Community</b><br><b>(\$7 Moksha</b><br><b>class lead by</b><br><b>new instructor)</b><br><b>K: Karma</b><br><b>(Moksha</b><br><b>class/min. \$7</b><br><b>donation to</b><br><b>charity)</b><br><b>Med:</b><br><b>Meditation (\$7)</b>                  | <b>10am classes</b><br><b>Mon. – Fri.</b><br><b>only \$10</b>   | <b>PLEASE CHECK</b><br><b>OUR WEBSITE</b><br><b>FOR DETAILED</b><br><b>CLASS</b><br><b>DESCRIPTIONS</b><br><b>THANK YOU!!</b>   |