

# Moksha Yoga Scarborough

June 2010  
Class Schedule

416-289-9642

[www.moksnayogascarborougn.com](http://www.moksnayogascarborougn.com)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Classes offered in the non heated room:</b> Yin, Ashtanga, Economy Ashtanga, Therapeutic, Meditation</p> <p><b>The following classes are Moksha Hot Yoga</b> Community &amp; Karma - FEE \$5, Economy &amp; Therapeutic - FEE \$7</p>		<p>1</p> <p>9:30 Moksha - 90 12:00 Moksha - 60 5:00 Economy-Moksha-60 \$7 6:30 Moksha - 90 8:30 Moksha L2- 60</p>	<p>2</p> <p>9:30 Moksha - 90 12:00 Moksha-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha-60 8:30 Therapeutic Yoga \$7</p>	<p>3</p> <p>9:30 Moksha-90 12:00 Moksha-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha Mix-60</p>	<p>4</p> <p>6:30 Moksha-60 9:30 Yin-90 12:15 Ashtanga-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Karma-60 - \$5</p>	<p>5</p> <p>10:00 Moksha-75 12:00 Moksha-60 3:00 Economy-Moksha - 90 min \$7</p>
<p>6</p> <p>10:00 Moksha-90 12:00 Yin-90 2:00 Economy-Ashtanga \$7 2:00 Meditation-60</p>	<p>7</p> <p>12:00 Community-60 - \$5 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha/ Vinyasa Flow</p>	<p>8</p> <p>9:30 Moksha - 90 12:00 Moksha - 60 5:00 Economy-Moksha-60 \$7 6:30 Moksha - 90 8:30 Moksha - 60</p>	<p>9</p> <p>9:30 Moksha - 90 12:00 Moksha-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha-60 8:30 Therapeutic Yoga \$7</p>	<p>10</p> <p>9:30 Moksha-90 12:00 Moksha-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha Mix-60</p>	<p>11</p> <p>6:30 Moksha-60 9:30 Yin-90 12:15 Ashtanga-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Karma-60 - \$5</p>	<p>12</p> <p>10:00 Moksha-75 12:00 Moksha-60 3:00 Economy-Moksha - 90 min \$7</p>
<p>13</p> <p>10:00 Moksha-90 12:00 Yin-90 2:00 Economy-Ashtanga \$7 2:00 Meditation-60</p>	<p>14</p> <p>12:00 Community-60 - \$5 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha/ Vinyasa Flow</p>	<p>15</p> <p>9:30 Moksha - 90 12:00 Moksha - 60 5:00 Economy-Moksha-60 \$7 6:30 Moksha - 90 8:30 Moksha L2- 60</p>	<p>16</p> <p>9:30 Moksha - 90 12:00 Moksha-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha-60 8:30 Therapeutic Yoga \$7</p>	<p>17</p> <p>9:30 Moksha-90 12:00 Moksha-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha Mix-60</p>	<p>18</p> <p>6:30 Moksha-60 9:30 Yin-90 12:15 Ashtanga-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Karma-60 - \$5</p>	<p>19</p> <p>10:00 Moksha-75 12:00 Moksha-60 3:00 Economy-Moksha - 90 min \$7</p>
<p>20</p> <p><b>HAPPY FATHER'S DAY</b> 10:00 Moksha-90 12:00 Yin-90 2:00 Economy-Ashtanga \$7</p> <p><b>Bring Dad for FREE</b></p>	<p>21</p> <p>12:00 Community-60 - \$5 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha/ Vinyasa Flow</p>	<p>22</p> <p>9:30 Moksha - 90 12:00 Moksha - 60 5:00 Economy-Moksha-60 \$7 6:30 Moksha - 90 8:30 Moksha - 60</p>	<p>23</p> <p>9:30 Moksha - 90 12:00 Moksha-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha-60 8:30 Therapeutic Yoga \$7</p>	<p>24</p> <p>9:30 Moksha-90 12:00 Moksha-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha Mix-60</p>	<p>25</p> <p>6:30 Moksha-60 9:30 Yin-90 12:15 Ashtanga-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Karma-60 - \$5</p>	<p>26</p> <p>10:00 Moksha-75 12:00 Moksha-60 3:00 Economy-Moksha - 90 min \$7</p>
<p>27</p> <p>10:00 Moksha-90 12:00 Yin-90 2:00 Economy-Ashtanga \$7 2:00 Meditation-60</p>	<p>28</p> <p>12:00 Community-60 - \$5 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha/ Vinyasa Flow</p>	<p>29</p> <p>9:30 Moksha - 90 12:00 Moksha - 60 5:00 Economy-Moksha-60 \$7 6:30 Moksha - 90 8:30 Moksha L2- 60</p>	<p>30</p> <p>9:30 Moksha - 90 12:00 Moksha-60 5:00 Economy-Moksha-60 \$7 6:30 Moksha-90 8:30 Moksha-60 8:30 Therapeutic Yoga \$7</p>	<p><b>WHAT TO BRING?</b> A mat, towel (mat or towel rental \$2) and water are mandatory in the practice room. We do not sell bottled water.</p> <p><b>LOCKERS</b> - Our studio is equipped with lockers, however you must provide your own lock. Cell phones, keys, purses, baqs, etc. are strictly prohibited from the practice room</p>		