



31 Baldwin St. Unit 8
 (905)425 5683
www.mokshayogabrooklin.com

September 2010

All classes that do not have a letter or asterisk next to them are a regular 90 minute Moksha class, except for Mon-Fri at 6:30pm which are 75 min classes. Mondays at 5:00pm are a 60 min Power Flow.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 630* Amanda MM 930 Amanda 1230* Amanda 2* Vanessa PT 5* Kerry MF 630 Kerry 815* Kerry MF	2 630* Darnell PF 930 Darnell 1230* Darnell 5* Talia MF 630 Talia 815* Talia MF	3 930 Talia 1230* Talia 2* Daphne PT 5* Kerry MF **CLOSED**	**CLOSED**
CLOSED	**CLOSED**	7 630* Gerald PF 930 Maria 1230* Maria MF 5* Melissa MF 630 Angela 7 Sarah P 815* Angela MF	8 630* Darnell MM 930 Darnell 1230* Darnell MF 2* Vanessa PT 5* Melissa MF 630 Kiersten 815* Kiersten MF	9 630* Gerald PF 930 Christina 1230* Christina MF 5* Melissa MF 630 Angela 815* Angela MF	10 930 Kerry 1230* Kerry MF 2* Daphne PT 5* Jian MF 630 Jian 815* Edward K	11 830* Edward MF 10 Edward 12* Talia MF 130* Talia CC
12 830* Kaycelyn MF 10 Kaycelyn 12* Rima MF 130* Rima CC	13 930 Kerry 1230* Kerry MF 2* Monique PT 5* Amanda PF 630 Maria 815* Maria MF	14 630* Gerald PF 930 Maryday 1230* Maryday MF 5* Annie MF 630 Annie 7 Sarah P 815* Annie MF	15 630* Amanda MM 930 Amanda 1230* Amanda MF 2* Vanessa PT 5* Rima MF 630 Rima 815* Rima MF	16 630* Gerald PF 930 Christina 1230* Christina 5* Talia MF 630 Talia 815* Kerry MF	17 930 Amanda 1230* Amanda 2* Daphne PT 5* Maria MF 630 Maria 815* Edward K	18 830* Edward MF 10 Edward 12* Rima MF 130* Rima CC
19 830* Jian MF 10 Jian 12* Kaycelyn MF 130* Kaycelyn CC	20 930 Kiersten 1230* Kiersten MF 2* Monique PT 5* Darnell PF 630 Darnell 815* Darnell MF	21 630* Gerald PF 930 Maryday 1230* Maryday MF 5* Annie MF 630 Annie 7 Sarah P 815* Annie MF	22 630* Darnell MM 930 Darnell 1230* Darnell MF 2* Vanessa PT 5* Melissa MF 630 Angela 815* Angela MF	23 630* Gerald PF 930 Christina 1230* Christina MF 5* Talia MF 630 Talia 815* Talia MF	24 930 Kiersten 1230* Kiersten 2* Daphne PT 5* Jian MF 630 Jian 815* Amanda K	25 830* Amanda MF 10 Amanda 12* Talia MF 130* Talia CC
26 830* Jian MF 10 Jian 12* Jian MF 130* Kerry CC	27 930 Amanda 1230* Amanda MF 2* Monique PT 5* Kerry PF 630 Maria 815* Maria MF	28 630* Gerald PF 930 Kerry 1230* Kerry MF 5* Rima MF 630 Rima 7 Sarah P 815* Rima MF	29 630* Darnell MM 930 Darnell 1230* Darnell MF 2* Vanessa PT 5* Kiersten MF 630 Kiersten 815* Kiersten MF	30 630* Gerald PF 930 Maria 1230* Maria MF 5* Melissa MF 630 Angela 815* Angela MF		

*-Moksha Flow- A flowing 60 minute version.

MM - Moksha Mix - This class will be different each time. Based on the Moksha sequence, it gives you the opportunity to try new postures and sequences, maybe some music, while still maintaining a level of familiarity of the series. Beginners welcomed.

PT- Practice Teaching. 60 minute Moksha class taught by a new teacher needing practice, and looking for constructive feedback. \$7 or you can use your package

K - Karma - A 60 minute Moksha class where all of the proceeds are donated to charity. Minimum \$7 donation. Packages do not apply.

PF - Power Vinyasa Flow - Inspired by Baron Baptiste - An intermediate practice that connects movement with breath done in a heated room. **Not suitable for beginners.**

CC - Community Class - A 60 minute class for \$7

P - Prenatal - A 90min prenatal yoga class good for those in all trimesters. Pre-registration is required for each 10 week session. Regular packages do not apply. Please call us for more details at 905.425.LOVE (5683).

