



**Calm Mind
Fit Body
Inspired Life**

Moksha Yoga Mississauga
1077 North Service Road
Mississauga, ON | 905-270-YOGA (9642)
www.mokshayogamississauga.com

March Class Schedule – HOT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12:00(60) Connie MM 5:00 (60) Joy 6:30 (75) Tara 8:30 (60) Tara	2 6:30(60)(s) Joy(sm) 9:30 (60) Joy 12:00(60) Joy 5:00 (60) Mango 6:30 (75) Katie 8:30 (60) Katie	3 12:00 (60)Mango 5:00(60) Deb (Moksha) 6:30(90) Yuka* 8:30 (60) Ingrid*	4 6:30 (60) Connie MF 9:30 (60) Connie 12:00(60) Katie 5:00(60) Mango 6:30(75) Gabriela MM 8:30(60) Gabriela MF	5 9:30 (60) Meg * 12:00 (60) Meg* 5:00 (60) Jen F 6:30 (60) Jen F 8:30 (60)(K) Tara	6 10:00 (75) Bridget 12:00 (60) Bridget 2:00 (90) Fana CC
7 10:00 (75) Bob *Power of Movement Donation class \$10* live drummer 12:00 (60) Bob 2:00 (90) Fana CC 4:00 (90) * Robert 30 Day Challenge Party!!	8 12:00(60) Connie MM 5:00 (60) Joy 6:30 (75) Tara 8:30 (60) Tara	9 6:30(60)(s) Gabriela(sm) 9:30 (60) Joy 12:00(60) Joy 5:00 (60) Mango 6:30 (75) Danny 8:30 (60) Danny	10 12:00 (60)Tara 5:00(60) Deb (Moksha) 6:30(90) Ingrid* 8:30 (60) Ingrid*	11 6:30 (60) Robert* 9:30 (60) Mango 12:00(60) Connie 5:00 (60) Mango 6:30 (75) Ingrid YY 8:30 (60) Ingrid MF	12 9:30 (60) Meg * 12:00 (60) Meg* 5:00 (60) Tara 6:30 (60) Deb 8:30(60)(K) Deb	13 10:00 (75) Mango 12:00 (60) Karen 2:00 (90) Karen CC
14 10:00 (75) Bianca 12:00 (60) Bianca 2:00(90) David CC 4:00 (90) *Jen I	15 12:00 (60) Connie MM 5:00 (60) Joy 6:30 (75) Tara 8:30 (60) Tara	16 6:30(60)(s) Joy(sm) 9:30 (60) Joy 12:00(60) Joy 5:00 (60) Mango 6:30 (75) Katie 8:30 (60) Katie	17 12:00(60) Mango 5:00 (60) Deb (Moksha) 6:30 (90) Yuka* 8:30 (60) Ingrid*	18 6:30(60) Connie MF 9:30 (60) Connie 12:00 (60) Katie 5:00 (60) Mango 6:30 (75) Gabriela MM 8:30 (60) Gabriela MF	19 9:30 (60) Meg * 12:00 (60) Meg* 5:00 (60) Jen F 6:30 (60) Jen F 8:30 (60)(K) Connie	20 10:00 (75) Mango 12:00 (60) Mango 2:00 (90) Fana CC
21 10:00 (75) Bob 12:00 (60) Bob 2:00 (90) David CC 4:00 (90) * Robert	22 12:00(60) Connie MM 5:00 (60) Joy 6:30 (75) Joy 8:30 (60) Joy	23 6:30(60)(s) Gabriela(sm) 9:30 (60) Joy 12 :00(60) Joy 5:00 (60) Mango 6:30 (75) Katie 8:30 (60) Katie	24 12:00 (60) Mango 5:00 (60) Deb (Moksha) 6:30 (90) Ingrid* 8:30 (60) Ingrid*	25 6:30 (60) Robert* 9:30 (60) Mango 12:00(60) Connie 5:00 (60) Mango 6:30 (75) Ingrid YY 8:30 (60) Ingrid MF	26 9:30 (60) Meg * 12:00 (60) Meg* 5:00 (60) Connie 6:30 (60) Deb 8:30(60) (K) Deb	27 10:00 (75) Karen 12:00 (60) Karen 2:00 (90) Ashlie CC 8 :30pm Earth Hour \$7 donation-Connie
28 10:00 (75) Mango 12:00 (60) Mango 2:00 (90) Ashlie CC 4:00 (90) *Jen I	29 12:00(60) Connie MM 5:00 (60) Joy 6:30 (75) Tara 8:30 (60) Tara	30 6:30(60)(s) Joy(sm) 9:30 (60) Joy 12:00(60) Joy 5:00 (60) Mango 6:30 (75) Danny 8:30 (60) Danny	31 12:00 (60) Connie 5:00 (60) Deb (Moksha) 6:30 (90) Yuka* 8:30 (60) Ingrid*			

All classes are Moksha unless otherwise noted and suitable for beginners *Teachers and schedule subject to change*****

* = hatha flow different postures than Moksha sequence

CC = classes taught by new grads \$7.00

MF = Moksha Flow, sequence joined by sun salutations

YY = Yang Yin start class with active postures and finish with longer holding poses

s = silently led class teacher practices at front of the room, familiarity with the Moksha sequence required may be accompanied by music

k = karma class min \$7.00 donation 50% to renewable energy 50% to charity

sm = silent practice with music

Power of movement donation class: Min \$10 donation all proceeds to the power of movement no class passes***