



**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	2	3	4	5	6
	12:00(60) Connie MM 5:00 (60) Joy 6:30 (75) Tara 8:30 (60) Tara	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	12:00 (60)Mango 5:00(60) Deb (Moksha) 6:30(90) Yuka* 8:30 (60) Ingrid*	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	9:30 (60) Meg * 12:00 (60) Meg* 5:00 (60) Jen F 6:30 (60) Jen F 8:30 (60)(K) Tara	10:00 (75) Bridget 12:00 (60) Bridget 2:00 (90) Fana CC
7	8	9	10	11	12	13
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!!	12:00(60) Joy MM 5:00 (60) Joy 6:30 (75) Tara 8:30 (60) Tara	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	12:00 (60)Tara 5:00(60) Deb (Moksha) 6:30(90) Ingrid* 8:30 (60) Ingrid*	6:30 (60) Robert* 9:30 (60) Mango 12:00(60) Mango 5:00 (60) Mango 6:30 (75) Ingrid YY 8:30 (60) Ingrid MF	9:30 (60) Meg * 12:00 (60) Meg* 5:00 (60) Tara 6:30 (60) Deb 8:30(60)(K) Deb	10:00 (75) Mango 12:00 (60) Karen 2:00 (90) Karen CC
14	15	16	17	18	19	20
10:00 (75) Bianca 12:00 (60) Bianca 2:00(90) David CC 4:00 (90) *Jen I	12:00 (60) Connie MM 5:00 (60) Joy 6:30 (75) Tara 8:30 (60) Tara	6:30(60) Connie(sm) 9:30 (60) Joy 12:00(60) Joy 5:00 (60) Mango 6:30 (75) Katie 8:30 (60) Katie	12:00(60) Mango 5:00 (60) Deb (Moksha) 6:30 (90) Yuka* 8:30 (60) Ingrid*	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	9:30 (60) Meg * 12:00 (60) Meg* 5:00 (60) Jen F 6:30 (60) Jen F 8:30 (60)(K) Connie	10:00 (75) Mango 12:00 (60) Mango 2:00 (90) Fana CC
21	22	23	24	25	26	27
10:00 (75) Bob 12:00 (60) Bob 2:00 (90) David CC 4:00 (90) * Robert	12:00(60) Connie MM 5:00 (60) Joy 6:30 (75) Joy 8:30 (60) Joy	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	12:00 (60) Connie 5:00 (60) Deb (Moksha) 6:30 (90) Ingrid* 8:30 (60) Ingrid*	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	9:30 (60) Meg * 12:00 (60) Meg* 5:00 (60) Connie 6:30 (60) Deb 8:30(60) (K) Deb	10:00 (75) Karen 12:00 (60) Karen 2:00 (90) Ashlie CC 8 :30pm Earth Hour \$7 donation-Connie
28	29	30	31			
10:00 (75) Mango 12:00 (60) Mango 2:00 (90) Ashlie CC 4:00 (90) *Jen I	12:00(60) Connie MM 5:00 (60) Joy 6:30 (75) Tara 8:30 (60) Tara	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	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

Y/Y = 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\*\*\***