



Moksha Yoga Richmond Hill

1455 16th Avenue unit #10 905 881-0010
www.MokshaYogaRichmondHill.com

This is our monthly TEACHING schedule listing a specific teacher for each class. For our WEEKLY CLASS schedule & detailed class description, please visit <http://www.mokshayogarithmondhill.com/c-schedule.htm>.
2010 March Teaching Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Teacher schedule is subject to change. Thank you for your understanding.	1 6:30 M Jian 9:30 M Danny 12:30 M Danny 4:00 C Moksha Julie 5:45 M Todd 7:30 M Todd 9:15 MF Hera	2 6:30 VF Shannon 9:30 M Todd 12:30 MF Thea 5:45 A Erika *NEW Erika 7:30 M/V Thea 9:15 M \$15 min Fundraiser Power of Movement! Live Drumming to Moksha!!!	3 6:30 M Bonnie 9:30 IF Lynda Iyengar Flow 12:30 PH Thea Power Hour (core flow)	4 6:30 M Stephanie 9:30 Y/R Stephanie 12:30 MF Stephanie 4:00 E Hilary Ashtanga – reduced heat 5:45 A Shannon Primary Series (Int./Adv.) 7:30 M Bianca 9:15 M Bianca	5 6:30 S Tea S. 9:30 M Tea S. 12:30HF Mimi 5:45 E Dorian 7:30 K Dorian 9:15 \$15 Thea Power of Movement, event fundraiser!!! Moksha/Trance Dance!	6 8 M Bonnie 10 M Bonnie 12 C Lauren Ashtanga 4 Prenatal Thea 8 pm C Darnell Moksha
7 8 M Belinda 10 M Belinda 12:15pm Tea S. Beginners' Workshop Pre-registration Required 4pm Jiv YuMee 6pm Tea S. 8pm E Hilary Vinyasa flow	8 6:30 M Jian 9:30 M Danny 12:30 M Danny 4:00 C Moksha Julie 5:45 M Hera 7:30 M Hera 9:15 MF Todd	9 6:30 VF Shannon 9:30 M Todd 12:30 MF Thea 5:45 A beg/int. Shannon *NEW Shannon 7:30 M/V Michael 9:15 M Michael	10 6:30 M Bonnie 9:30 IF Lynda Iyengar Flow 12:30 PH Thea Power Hour (core flow)	11 6:30 M Stephanie 9:30 Y/R Stephanie 12:30 MF Todd 4:00 E Eric Ashtanga – reduced heat 5:45 A Shannon Primary Series (Int./Adv.) 7:30 M Thea 9:15 M Dorian	12 6:30 S Tea S. 9:30 M Tea S. 12:30HF Mimi 5:45 E Thea 7:30 K Tea S. 9:15 Tea S. Economy	13 8 M Danny 10 M Danny 12 C Jenni-Leigh Ashtanga 4 Prenatal Thea 8 pm C Darnell Moksha
14 8 M Nora 10 M Nora 12:15pm Tea S. Beginners' Workshop 2 of 3 of series. 4pm Jiv YuMee 6pm Tea S. 8pm E Hilary Vinyasa flow	15 6:30 M Jian 9:30 M Danny 12:30 M Danny 4:00 C Moksha Julie 5:45 M Hera 7:30 M Hera 9:15 MF Todd	16 6:30 VF Hilary 9:30 M Todd 12:30 MF Thea 5:45 A beg/ int. Eric *NEW Eric 7:30 M/V Michael 9:15 M Michael	17 6:30 M Bonnie 9:30 IF Yvonne Iyengar Flow 12:30 PH Thea Power Hour (core flow)	18 6:30 M Stephanie 9:30 Y/R Stephanie 12:30 MF Todd 4:00 E Eric Ashtanga – reduced heat 5:45 Ashtanga Eric Primary Series (Int./Adv.) 7:30 M Thea 9:15 M Dorian	19 6:30 S Tea S. 9:30 M Tea S. 12:30HF Thea 5:45 E Thea 7:30 K Dorian 9:15 Dorian Economy	20 8 M Thea 10 M Thea 12 C Hilary Ashtanga 4 Prenatal Thea 8 pm C Darnell Moksha
21 8 M Joy 9:30 Beginners' W.S. 3 of 3 of series. Adjustments Tea S. 10 M Joy 4pm Jiv YuMee 6pm Sabrina 8pm E Hilary Vinyasa flow	22 6:30 M Jian 9:30 M Danny 12:30 M Danny 4:00 C Moksha Julie 5:45 M Hera 7:30 M Hera 9:15 MF Todd	23 6:30 VF Shannon 9:30 M Todd 12:30 MF Thea 5:45 A beg/ int. Shannon *NEW Shannon 7:30 M/V Jordan 9:15 M Jordan	24 6:30 MF Bonnie 9:30 IF Yvonne Iyengar Flow 12:30 PH Thea Power Hour (core flow)	25 6:30 M Stephanie 9:30 Y/R Stephanie 12:30 MF Todd 4:00 E Eric Ashtanga – reduced heat 5:45 Ashtanga Shannon Primary Series (Int./Adv.) 7:30 M Thea 9:15 R Tiago	26 6:30 S Tea S. 9:30 M Tea S. 12:30HF Mimi 5:45 E Thea 7:30 K Dorian 9:15 Dorian Economy	27 8 M Danny 10 M Danny 12 C Joey Ashtanga 4 Prenatal Thea 7:00 CONCERT SPECIAL! 'Dulcimerhead' in concert...
28 8 M Sabrina 10 M Sabrina 4pm Jiv YuMee 6pm Sabrina 8pm E Omaya Vinyasa flow	29 6:30 M Jian 9:30 M Danny 12:30 M Danny 4:00 C Moksha Julie 5:45 M Hera 7:30 M Hera 9:15 MF Todd	30 6:30 VF Shannon 9:30 M Todd 12:30 MF Thea 5:45 A beg/ int. Erika *NEW Erika 7:30 M/V Jordan 9:15 M Jordan	31 6:30 MF Bonnie 9:30 IF Yvonne Iyengar Flow 12:30 PH Thea Power Hour (core flow)	HOT CLASSES: Moksha (M) Moksha Flow (MF) Silent (S) Community (C) Economy (E) Karma (K) Power Hour (PH) Moksha/Vinyasa (M/V)	REDUCED HEAT: Hatha Flow (HF) Yin/Restorative (Y/R) Iyengar Flow (IF) Vinyasa Flow (VF) Restorative (R)	NON-HEATED: Jivamukti (Jiv) Prenatal (P) Ashtanga (A) unless stated otherwise