



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.mokshayogarichmondhill.com/c-schedule.htm>.

September 2010 Teaching Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Teacher schedule is subject to change. Thank you for understanding.	HOT CLASSES: Moksha (M) Moksha Flow (MF) Silent (S) Community (C) Economy (E) Karma (K) Moksha/Vinyasa (M/V) Core Flow (CF)	REDUCED HEAT: Hatha Flow (HF) Yin/Restorative (Y/R) Iyengar Flow (IF) Vinyasa Flow (VF) Restorative (R) Ashtanga Inspired (AI) NON-HEATED: Jivamukti (Jiv) Prenatal (P)	1 CLOSED UNTIL SEPTEMBER 7TH FOR RENOS	2	3 CLOSED UNTIL SEPTEMBER 7TH FOR RENOS	4
5 CLOSED UNTIL SEPTEMBER 7TH FOR RENOS	6 Labour Day!	7 6:30VF Jenni-Leigh 9:30M Todd 12:30MF Todd 4:30AI 6:30M/V Thea 8:15MF Thea	8 6:30MF Jian 9:30IF Lynda 12:30 CF Nora 4:30M Vikram 6:30M Vikram 8:15MF Vikram	9 6:30M Stephanie 9:30Y/R Stephanie 12:30MF Thea Private Alanna 4:30C Eric Ashtanga Vikram 6:30CF Kelly 8:15MF Kelly	10 6:30S Tea 9:30M Tea 12:30MF Tea 4:30E Vikram 6:30K Vikram 8:15E Vikram	11 8M Mike S 10M Mike S 12C Hilary Ashtanga 4 Prenatal Emilie 8E Julie Moksha
12 8M Jian 10M Jian	13 6:30C Anastassia Moksha 9:30M Danny 12:30MF Danny	14 6:30VF Julie 9:30M Julie 12:30MF Julie	15 6:30MF Bonnie 9:30IF Lynda 12:30 CF Nora 4:30M Vikram 6:30M Vikram 8:15MF Vikram	16 6:30M Stephanie 9:30Y/R Stephanie 12:30MF Nora Private Alanna 4:30C Eric Ashtanga Vikram 6:30CF Vikram 8:15MF Vikram	17 6:30S Tea 9:30M Tea 12:30MF Tea 4:30E Talia 6:30K Talia 8:15E Bianca	18 8M Jian 10M Jian 12C Joey Ashtanga 4 Prenatal Emilie 8E Anastassia Moksha
4JIV YuMee 8VF Omayya	4:30M Hera 6:30M Hera 8:15MF Dorian	4:30AI Erika 6:30M/V 8:15MF		4:30C Vikram 6:30C Vikram 8:15MF Vikram	4:30E Talia 6:30K Talia 8:15E Bianca	4 Prenatal Emilie 8E Anastassia Moksha
19 8M Sabrina 10M Sabrina	20 6:30C Anastassia Moksha 9:30M Jian 12:30MF Jian	21 6:30VF Jenni-Leigh 9:30M Todd 12:30MF Todd	22 6:30MF Jian 9:30IF Lynda 12:30 CF Michael 4:30M Vikram 6:30M Vikram 8:15MF Vikram	23 6:30M Stephanie 9:30Y/R Stephanie 12:30MF Thea Private Todd 4:30C Eric Ashtanga Kelly 6:30CF Kelly 8:15MF Kelly	24 6:30S Tea 9:30M Tea 12:30MF Tea 4:30E Vikram 6:30K Vikram 8:15E Vikram	25 8M Jeff 10M Jeff 12C Hilary Ashtanga 4 Prenatal Emilie 8E Julie Moksha
4JIV YuMee 8VF Omayya	4:30M Michael 6:30M Michael 8:15MF Dorian	4:30AI Thea 6:30M/V Thea 8:15MF Thea		4:30C Vikram 6:30C Vikram 8:15MF Vikram	4:30E Vikram 6:30K Vikram 8:15E Vikram	4 Prenatal Emilie 8E Julie Moksha
26 8M Julie 10M Julie	27 6:30C Anastassia Moksha 9:30M Danny 12:30MF Danny	28 6:30VF Jenni-Leigh 9:30M Julie 12:30MF Julie	29 6:30MF Bonnie 9:30IF Lynda 12:30 CF Michael 4:30M Vikram 6:30M Vikram 8:15MF Vikram	30 6:30M Stephanie 9:30Y/R Stephanie 12:30MF Thea Private Todd 4:30C Eric Ashtanga Tiago 6:30CF 8:15Y/R		
4JIV YuMee 8VF Omayya	4:30M Hera 6:30M Hera 8:15MF Bianca	4:30AI Erika 6:30M/V Thea 8:15MF Thea		4:30C Vikram 6:30C Vikram 8:15MF Vikram	4:30C Eric Ashtanga Tiago 6:30CF 8:15Y/R	