



**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 – NON-HEATED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00 (75) Ingrid (A1)	2 6:00 (75) Tara A1 8:00 (60) Meditation Tara	3 11:00 (75) Nitasha Mom and Baby 6:00 (75) Jen PF	4 6:00 (90) Connie (Prenatal)	5 6:00 (75) Robert (A1)	6 9:00(90) Ingrid Hatha 2:30(90) Bob Yin
7 10:00 (90) Karla (A1) 6:30pm 30 -Day Challenge Party!!	8 6:00 (75) Ingrid (A1)	9 6:00 (75) Tara A1 8:00 (60) Meditation Tara	10 11:00 (75) Nitasha Mom and Baby 6:00 (75) Jen PF	11 6:00 (90) Connie (Prenatal)	12 6:00 (75) Robert (A1)	13 9:00(90) Ingrid Hatha 2:30(90) Ingrid Restorative
14 10:00 (90) Karla (A1)	15 6:00 (75) Ingrid (A1)	16 6:00 (75) Tara (A1) 8:00 (60) Meditation Tara	17 11:00 (75) Nitasha Mom and Baby 6:00 (75) Jen PF	18 6:00 (90) Connie (Prenatal)	19 6:00 (75) Robert (A1)	20 9:00(90) Ingrid Hatha 2:30(90) Bob Yin
21 10:00 (90) Karla (A1)	22 6:00 (75) Ingrid (A1)	23 6:00 (75) Ingrid (A1) 8:00 (60) Meditation Ingrid	24 11:00 (75) Nitasha Mom and Baby 6:00 (75) Jen PF	25 6:00 (90) Connie (Prenatal)	26 6:00 (75) Robert (A1)	27 9:00(90) Ingrid Hatha 2:30(90) Ingrid Restorative
28 10:00(90) Karla (A1)	29 6:00 (75) Ingrid (A1)	30 6:00 (75) Tara (A1) 8:00 (60) Meditation Tara	31 11:00 (75) Nitasha Mom and Baby 6:00 (75) Jen PF			

Regular temperature practice room *****Teachers and schedule subject to change*****

PF* = Power Flow

AP = Ashtanga Prep

H Beg-1- Hatha Beginner to level 1

A1 = Ashtanga Level 1

H = Hatha Level 1

Yin = fewer poses held for longer periods to unwind tissues and promote deeper opening

Restorative = supported in poses with bolsters for longer periods to completely unwind the body and mind

Meditation = explore breath work techniques, freeing the mind and relaxation