

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	1	2	3	4	5	Time 6	7
6:30	Debbie (60)	7:00 Kate (60)	Amy (60)	6:15 Thommy(60) S	Gerald (60)	8:30 Nicole (60)	
9:30	Debbie (90)	Diane (90)	Carolyn (90)	Erin (75)	Gerald (90)	10:00 Nicole (75)	Brian (75) YY
12:00	Debbie (60)	Diane (60)	Carolyn (60)	Erin (60)	Gerald (60)	12:00 Diane (60)	Brian (60) MM
4:30	Erin (75) MF	Diane (75) MF	Gerald (75) MF	Joy (75) MF	Tori (75) MF	2:00 Sarah (60)	Andi (60)
6:30	Erin (60)	Tori (60)	Gerald (60)	Joy (60)	Tori (60)	4:00 Sarah (60)	Andi (75)
8:30	Erin (60)	Tori (60)	Rebecca (75) L2	Joy (60)	Tori (60) K	6:00	Trish (60) PV
	8	9	10	11	12	13	14
6:30	Debbie (60)	7:00 Nicole (60)	Doug (60)	6:15 Brock (60) S	Gerald (60)	8:30 Doug (60)	
9:30	Debbie (90)	Diane (90)	Doug (90)	Kate (75)	Gerald (90)	10:00 Doug (75)	Brian (75) YY
12:00	Debbie (60)	Diane (60)	Doug (60)	Kate (60)	Gerald (60)	12:00 Diane (60)	Brian (60) MM
4:30	Erin (75) MF	Diane (75) MF	Gerald (75) MF	Joy (75) MF	Kate (75) MF	2:00 Nicole (60)	Kate (60)
6:30	Erin (60)	Andi (60)	Gerald (60)	Joy (60)	Kate (60)	4:00 Nicole (60)	Kate (75)
8:30	Erin (60)	Andi (60)	Gerald (60)	Joy (60)	Kate (60) K	6:00	Jill (60)
	15	16	17	18	19	20	21
6:30	Debbie (60)	7:00 Kate (60)	Doug (60)	6:15 Doug (60)	Gerald (60) S	8:30 Danny (60)	
9:30	Debbie (90)	Diane (90)	Joy (90)	Doug (75)	Gerald (90)	10:00 Danny (75) L2	Brian (75) YY
12:00	Debbie (60)	Diane (60)	Joy (60)	Doug (60)	Gerald (60)	12:00 Danny (60)	Brian (60) MM
4:30	Erin (75) MF	Doug (75) MF	Gerald (75) MF	Joy (75) MF	Kate (75) MF	2:00 Doug (60)	Nicole (60)
6:30	Erin (60)	Andi (60)	Gerald (60)	Joy (60)	Kate (60)	4:00 Doug (60)	Nicole (75)
8:30	Erin (60)	Andi (60)	Gerald (60)	Joy (60)	Kate (60) K	6:00	Jill (60)
	22	23	24	25	26	27	28
6:30	Debbie (60)	7:00 Amy (60)	Brock (60)	6:15 Brock(60) S	Gerald (60)	8:30 Kate (60)	
9:30	Debbie (90)	Diane (90)	Carolyn (90)	Erin (75)	Gerald (90)	10:00 Kate (75) MF	Brian (75) YY
12:00	Debbie (60)	Diane (60)	Carolyn (60)	Erin (60)	Gerald (60)	12:00 Kate (60)	Brian (60) MM
4:30	Erin (75) MF	Kate (75) MF	Gerald (75) MF	Joy (75) MF	Tori (75) MF	2:00 Tori (60)	Carolyn (60)
6:30	Erin (60)	Rebecca (75) L2	Gerald (60)	Joy (60)	Tori (60)	4:00 Tori (60)	Carolyn (75)
8:30	Erin (60)	Rebecca (75) YY	Gerald (60)	Joy (60)	Tori (60) K	6:00	Trish (60) PV
	29	30	31	MF = Moksha Flow -our Moksha series of postures in a flow series K = Karma - by donation only (min \$8 Donation) S = silent class - teacher practices with the students in silence PV = Power Vinyasa -a faster paced flow class YY = Yang - Yin - first half fast pace / second half slow floor postures. MM =Moksha Mix - our traditional flow mixed up with different postures L2 = Moksha Level 2 class			
6:30	Debbie (60)	7:00 Brock (60)	Kate (60)				
9:30	Debbie (90)	Diane (90)	Kate (90)				
12:00	Debbie (60)	Diane (60)	Kate (60)				
4:30	Erin (75) MF	Diane (75) MF	Gerald (75) MF				
6:30	Erin (60)	Rebecca (75) L2	Gerald (60)				
8:30	Erin (60)	Rebecca (75) YY	Gerald (60)				

March 2010 **REGULAR**

info@mokshayogaburlington.com

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	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
Time	1	2	3	4	5	Time	6	7
8:00						9:30	R Flow Diane(90)	
9:45		TY Clayton (75)				10:15		Heal Jennifer(75)
11:30				TY Clayton (75)		11:30	PN Dominiq (90)	
4:45						1:00		
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)	A1 Natalie (60)	3:30		R Shanine (90)
8:00	IN Shanine (60)	H1 Jennifer (60)	HC Shanine (60)	Heal Jennifer(60)		7:00		
	8	9	10	11	12		13	14
8:00						9:30	R Flow Diane(90)	
9:45		TY Clayton (75)				10:15		Heal Jennifer(75)
11:30				TY Clayton (75)		11:30	PN Dominiq (90)	
4:45						1:00		
6:00	A1 Natalie (60)	6:15M Brock(75) K	6:45 Y Dominiq(60)	A1 Natalie (60)	A1 Natalie (60)	3:30		R Dominique(90)
8:00	IN Shanine (60)	H1 Jennifer (60)	HC Shanine (60)	Heal Jennifer(60)		7:00		
	15	16	17	18	19		20	21
8:00						9:30	R Flow Diane(90)	
9:45						10:15		Heal Jennifer(75)
11:30				TY Clayton (75)		11:30	PN Dominiq (90)	
4:45						1:00		
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)	A1 Natalie (60)	3:30		R Shanine (90)
8:00		H1 Jennifer (60)	HC Shanine (60)	Heal Jennifer(60)		7:00		
	22	23	24	25	26		27	28
8:00						9:30		
9:45		TY Clayton (75)				10:15		Heal Jennifer(75)
11:30				TY Clayton (75)		11:30	PN Dominiq (90)	
4:45						1:00		
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)	A1 Natalie (60)	3:30		R Shanine (90)
8:00	IN Shanine (60)	H1 Jennifer (60)	HC Shanine (60)	Heal Jennifer(60)		7:00		
	29	30	31	Healing = self acupressure, plus breath, restorative and yin poses				
8:00				HC = Heart - Core Core-building, Heart-opening sequence				
9:45		TY Clayton (75)		R = Restorative H1 = Hatha 1 M - Meditation				
11:30				Y = Yin postures held passively to reach ligaments + fascia				
4:45				IN = Inversions and arm balances				
6:00	A1 Natalie (60)	6:15M Brock(75) K	6:45 Y Dominiq(60)	TY = transformation yoga Alignment-focused asana pranayama meditation				
8:00	IN Shanine (60)	H1 Jennifer (60)	HC Shanine (60)	PN = prenatal A1 = Ashtanga all levels				