

Moksha Yoga Center

2528 W Armitage – 773.235.9642 – mokshayoga.com

Monday	8:00am – 11:00am*	Gordana/Megan	Astanga Mysore	Studio A
	10:00am – 11:15am	Sidra Newman	Hatha Vinyasa 2	Studio B
	12:00pm – 1:15pm	Kahrin DiGioia	Vinyasa 1-2	Studio A
	5:30pm – 6:45pm	Mina Fakouhi	Vinyasa 1 <i>*new class starting April 16th</i>	Studio B
	6:00pm – 7:30pm	Daren Friesen	Vinyasa 2-3	Studio A
	7:00pm – 8:30pm	Dmytro Nor	Vinyasa 2 & Arm Balances	Studio B
	7:30pm – 8:45pm	Giridhari Dasa	Bhakti Yoga <i>*chanting, meditation, kirtan</i>	Studio C
	7:45pm – 9:00pm	Aimee Forsberg	Foundations	Studio A
Tuesday	7:30am – 8:45am	Sarah Lindgren	Vinyasa 1	Studio B
	8:00am – 11:00am*	Gordana/Megan	Astanga Mysore	Studio A
	10:00am – 11:30pm	Daren Friesen	Hatha Vinyasa 1-2	Studio B
	12:00pm – 12:30pm	Daren Friesen	Meditation	Studio A
	12:30pm – 3:30pm	Daren Friesen	Foundation 200hr Teacher Training**	Studio B
	4:30pm – 5:45pm	Jackie Theibert	Kids Yoga <i>5-week program begins 5/1</i>	Studio B
	5:30pm – 6:45pm	Lily Martinez	Foundations	Studio A
	6:00pm – 7:15pm	Vanessa Mohr	Vinyasa 3	Studio B
	7:00pm – 8:15pm	Dana Parisi	Restorative	Studio A
7:30pm – 8:45pm	Laura Grossman	Candlelight Vinyasa 2	Studio B	
Wednesday	8:00am – 11:00am*	Gordana/Megan	Astanga Mysore	Studio A
	10:00am – 11:15am	Sidra Newman	Hatha Vinyasa 2	Studio C
	10:00am – 11:15am	Erin Cowan	Gentle Yoga & Somatics	Studio B
	12:00pm – 1:15pm	Kahrin Digiola	Vinyasa 1-2	Studio A
	4:30pm – 5:45pm	Dianna Oles	Restorative Yoga Nidra	Studio A
	5:30pm – 6:45pm	Lily Martinez	Foundations	Studio B
	5:30pm – 8:30pm	Daren Friesen	Advanced 500hr Teacher Training**	Studio C
	6:00pm – 7:15pm	Dana Parisi	Vinyasa 3	Studio A
	7:00pm – 8:15pm	Lu Parisi	Vinyasa 1	Studio B
7:30pm – 8:45pm	Hiral Vyas	Hatha 3	Studio A	
Thursday	8:00am – 11:00am*	Gordana/Megan	Astanga Mysore	Studio A
	10:30am – 11:45am	Cindy Clendenin	Hatha Vinyasa 1	Studio B
	12:00pm – 1:00pm	Community	Free Class	Studio A
	12:00pm – 12:30pm	Daren Friesen	Meditation	Studio B
	4:30pm – 5:45pm	Jackie Theibert	Kids Yoga <i>5-week program begins 5/1</i>	Studio A
	5:45pm – 6:45pm	Steven Schroeder	Kriya Nidra	Studio B
	6:00pm – 7:30pm	Daren Friesen	Vinyasa 2	Studio A
	7:00pm – 8:15pm	Maya Zinn	Vinyasa 3	Studio B
	7:30pm – 8:30pm	Daren Friesen	Teacher Training Info Session*	Studio C
7:45pm – 9:00pm	Aimee Forsberg	Hatha 2	Studio A	
Friday	8:00am – 11:00am*	Gordana/Megan	Astanga Mysore	Studio A
	10:00am – 11:15am	Bhairavi Shera	Hatha 1	Studio B
	12:00pm – 1:15pm	Sarah Lindgren	Vinyasa 2	Studio A
	5:00pm – 6:15pm	Sara Brown	Vinyasa 1-2 <i>*class begins April 13th</i>	Studio B
	6:30pm – 7:00pm	Carly Brink	Meditation	Studio B
	7:15pm – 8:30pm	Emily Olsen	Candlelight Vinyasa 1	Studio B
Saturday	7:30am – 9:00am	Erin Cowan	Hatha 1-2 & Somatics	Studio A
	8:00am – 9:15am	Parisa Sbak	Hatha Vinyasa 2	Studio B
	8:30am – 10:00am	Megan Drozd	Astanga Guided Primary	Studio B
	10:30am – 11:45am	Steven Schroeder	Foundations	Studio C
	10:30am – 11:45am	Parisa Sbak	Vinyasa 2	Studio B
	12:00pm – 1:15pm	Dasha Afanassova	Acro Yoga	Studio B
	1:30pm – 2:45pm	Melanie Tull	Vinyasa 2	Studio B
	3:00pm – 4:00pm	Community	Free Class	Studio B
	4:15pm – 6:15pm	Laura Henke	Vinyasa 2	Studio B
	6:00pm – 7:15pm	Gordana Markovic	Vinyasa & Yoga Nidra	Studio A
Sunday	7:00am – 9:00am	Gordana/Megan	Astanga Mysore*	Studio A
	7:30am – 8:45am	Carly Brink	Hatha 1	Studio B
	7:30am – 9:00am	Aimee Forsberg	Vinyasa 1-2 <i>*class begins April 15th</i>	Studio B
	9:00am – 10:15am	Kathie Howe	Foundations	Studio B
	10:30am – 12:00pm	Daren Friesen	Vinyasa 2	Studio B
	12:30pm – 3:30pm	Daren Friesen	Foundation 200hr Teacher Training**	Studio C
	1:00pm – 2:15pm	Melanie Tull	Vinyasa 2 <i>*class begins March 25th</i>	Studio B
	5:30pm – 6:45pm	Emily Olsen	Vinyasa 1	Studio B
	6:00pm – 7:15pm	Gabi Radanova	Candlelight Vinyasa 2	Studio A
	7:30pm – 8:45pm	Jessey Nickells	Candlelight Restorative	Studio A

*Astanga Mysore: doors open 6am, teachings start 8am; beginners and all levels welcome

**Teacher Training: pre-registration required – Yoga Alliance approved 200hr & 500hr programs