

# riverwest

700 North Carpenter St. • 312 942 9642

# west bucktown

2528 West Armitage Ave. • 773 235 9642

## monday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
10:00-11:30am	Kelly Sites	Mindful Flow 1-2
12:00-1:30pm	COMMUNITY	Basics/Intro FREE
4:00-5:30pm	Gordana Markovic	Guided Half Primary 1-3
5:30-7:00pm	Amber Cook	Mindful Flow 2-3
6:00-7:30pm	Alie McManus	Mindful Flow 1-2
7:15-8:30pm	Ingrid Yang M.D.	Flow 2-3
8:00-9:30pm	Aimee Forsberg	Foundations

## tuesday

7:00-8:30am	Cassandra Justine	VIBE Flo 1-3
8:00-11:30am*	Todd Boman	Ashtanga Mysore
10:00-11:30am	Wade Gotwals	Flow 2-3
12:00-1:15pm	Kimberly Dunn	Mindful Flow All Levels
4:15-5:30pm	Gwen Mihaljevich	Forrest 1-3
5:45-7:00pm	Aimee Forsberg	Basic/Intro
6:00-7:30pm	Daren Friesen	Flow 2-3
7:45-9:00pm	Stephanie Bour	Tantric Yoga Nidra

## wednesday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
10:00-11:30am	Erin Cowan	Mindful Flow 1-3
12:00-1:15pm	Kimberly Dunn	Mindful Flow 1-3
4:15-5:15pm	Slone Isselhard	Basic/Intro
5:30-7:00pm	Todd Boman	Guided Ashtanga 1-3
6:00-7:15pm	Rachel Sherron	Mindful Flow 1-2
7:30-9:00pm	Blanca Aviles	Vigorous Flow 2-3
7:30-9:00pm	GuruNischan Khalsa	Fundamentals of Kundalini

## thursday

7:30-8:30am	Ali Modell	Mindful Flow 1-3
8:00-11:30am*	Todd Boman	Ashtanga Mysore
10:00-11:30am	Alma Omeralic	Mindful Flow All Levels
12:00-1:00pm	Karma \$8	Basics/Intro
5:45-7:15pm	Lani Granum	Vigorous Flow 1-2
6:15-7:30pm	Serena Brommel	Mindful Flow All Levels
7:45-9:00pm	Stasia Holmes	Restorative All Levels

## friday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
10:00-11:30am	Amber Cook	Mindful Flow 1-3
12:00-2:00pm	Kate Cornelius	Mindful Fundamentals
4:45-6:15pm	Lani Granum	Vigorous Flow 1-2
6:30-8:00pm	Marjorie Fradin	Vigorous Flow 1-2

## saturday

7:30-9:00am	Erin Cowan	Mindful Flow 1-3
9:15-11:00am	Alexia Bauer	Astanga Full Primary
11:15-1:00pm	Lindsey Levin Labkon	Flow 2-3
1:30-3:00pm	Tristan Krohn	Basics/Intro
4:00-6:00pm	Laura Henke	Flow 1-3

## sunday

7:30-9:15am	Aimee Forsberg	Mindful Flow 1-2
8:00-10:00am*	Todd Boman	Ashtanga Mysore
10:30-12:00pm	Daren Friesen	Hatha Vinyasa 1-2
12:30-4:30pm	Daren Friesen	Teacher Training**
5:30-7:00pm	Blanca Aviles	Vigorous Flow 2-3
6:00-7:30pm	Dana Parisi	Mindful Flow 1-3
7:45-9:00pm	Nina Gaglio	Candlelight Restorative

## monday

10:30-12:00pm	Kimberly Dunn	Mindful Flow 1-3
12:00-1:00pm	Kyle Boerema	Mindful Flow All Levels
5:30-6:45pm	Dana Parisi	Mindful Flow All Levels
6:00-7:30pm	Daren Friesen	Flow 2-3
7:00-8:30pm	Careid Surprenant	Guided Ashtanga 1
7:45-9:00pm	Stasia Holmes	Mindful Flow 1-2

## tuesday

10:30-11:45am	Kate Cornelius	Mindful Flow 1-2
12:00-1:00pm	Kate Cornelius	Mindful Fundamentals
4:00-5:30pm	Karma \$8	Basics/Intro
5:15-6:15pm	Kate Cornelius	Prenatal
6:00-7:30pm	Careid Surprenant	Mindful Flow 1-2
6:30-8:00pm	Marcelyn Cole	Tantric 1-2
7:45-9:00pm	Megan Drozd	Guided Ashtanga 1-3
8:15-9:30pm	Sylvia Gonzalez	Mindful Flow 1-2

## wednesday

10:00-11:30am	Natalie McGreal	Mindful Flow 1-2
12:30-1:30pm	Erin Cowan	Mindful Flow 1-3
4:15-5:15pm	Tristan Krohn	Mindful Flow 1-3
6:00-7:30pm	Careid Surprenant	Vigorous Flow 1-3
6:15-7:45pm	Alie McManus	Mindful Flow 1-2
7:45-9:15pm	Sylvia Gonzalez	Vigorous Flow 1-2
8:00-9:15pm	Mary Kay McCaw	Restorative All Levels

## thursday

10:00-11:30am	Daren Friesen	Hatha Vinyasa 1-2
10:00-11:30am	Kyle Boerema	Mindful Flow 2-3
12:00-1:00pm	COMMUNITY	Basics/Intro FREE
12:00-3:30pm	Daren Friesen	Teacher Training**
5:30-6:30pm	Paul Fowler	Free Meditation
6:30-8:00pm	Dana Parisi	Mindful Flow 1-3
8:15-9:30pm	Sylvia Gonzalez	Mindful Flow 1-2

## friday

10:00-11:30am	Cassandra Justine	VIBE Flo 1-3
12:00-1:15pm	Natalie McGreal	Mindful Flow 1-2
5:00-6:30pm	Natalie McGreal	Gentle Flow All Levels
7:00-8:30pm	Sylvia Gonzalez	Vigorous Flow 1-2

## saturday

8:30-9:30am	Evelyn Rodriguez	Mindful Flow 1-3
8:30-9:45am	Abigail Lauren	Prenatal
10:00-11:30am	Kristin Urbanus	Mindful Flow 1-2 with live Djembe drumming
11:45-1:15pm	Abigail Lauren	Mindful Flow All Levels
1:30-3:00pm	Slone Isselhard	Mindful Flow 1-2
3:15-4:45pm	COMMUNITY	Basics/Intro FREE
5:00-6:15pm	Stephanie Bour	Mindful Flow/Yoga Nidra

## sunday

8:00-9:30am	Gordana Markovic	Guided Half Primary 1-3
10:00-11:30am	Lance Hoagland	Flow 1-3
12:00-1:30pm	Aimee Forsberg	Basics/Intro
1:45-3:15pm	Rachel Sherron	Mindful Flow 1-2
3:30-5:00pm	Tonna Reinhold	Mindful Flow 1-2
5:10-5:40pm	Tonna Reinhold	Meditation (free)
6:00-7:30pm	Adam Polhemus	Jivamukti 1-3

\* No Mysore class on new & full moon days. Room open 7am-12pm Mon-Fri.

\*\* Pre-registration required.

Times and classes are subject to change. Please see [mokshayoga.com](http://mokshayoga.com) for the most up-to-date schedule.



### 200hr & 500hr Teacher Trainings

These trainings are designed to help anyone who is interested in teaching or deepening their practice.

Free info sessions at West Bucktown  
For more info contact [info@mokshayoga.com](mailto:info@mokshayoga.com)

# lakeview

3334 North Clark St. • 773 975 9642

# fall schedule

september 1 – november 30, 2016



## monday

10:00-11:30am	Natalie McGreal	Mindful Flow 1-2
12:00-1:30pm	Kumiko Buckman	Mindful Flow 1-2
6:00-7:30pm	Rachel Sherron	Mindful Flow 1-3
7:45-9:15pm	Mary Kay McCaw	Candlelight Flow 1-2

## tuesday

10:00-11:30am	Tristan Krohn	Mindful Flow 1-3
12:00-1:15pm	Charles Askenaizer	Mindful Flow 1-2
6:00-7:30pm	Amber Cook	Vigorous Flow 2
7:45-8:45pm	Karen O'Leary	Restorative All Levels

## wednesday

10:00-11:30am	Allison English	Forrest 1-3
12:00-1:15pm	Nicole Vitale	Flow 1-2
4:00-5:30pm	Karma \$8	Basics/Intro
6:00-7:30pm	Katie Tuttle	Mindful Flow 1-3
7:45-8:45pm	Ali Modell	Restorative

## thursday

10:00-11:30am	Kendell Sullivan	Mindful Flow 1-2
12:00-1:30pm	Dominic Trumfio	Mindful Flow 1-2
4:30-5:30pm	Erin Cowan	Somatic Yoga All Levels
6:00-7:30pm	Karen O'Leary	Mindful Flow 1-2
7:45-9:00pm	Kathleen Katsikeas	Gentle Flow 1-3

## friday

10:00-11:30am	Ariel Johnson	Mindful Flow 1-2
12:00-1:15pm	Dominic Trumfio	Vigorous Flow All Levels
5:00-6:00pm	Ellen Meloy	Bodokon Flow All Levels
6:30-8:00pm	Katie Tuttle	Restorative

## saturday

8:30-10:00am	Serena Brommel	Mindful Flow 1-2
10:15-11:45am	Cameron Harvey	Gentle 1-2
12:00-1:30pm	Moca Monterrubio	Fundamentals
2:00-3:30pm	Karen O'Leary	Mindful Flow 1-2
4:30-6:00pm	COMMUNITY	Basics/Intro FREE

## sunday

9:00-10:45am	Lani Granum	Vigorous Flow 1-2
11:15-12:45pm	Carly Visk	Mindful Flow 1-2
1:30-3:00pm	Kelly Sites	Mindful Flow 1-2
4:00-5:30pm	Kathie Howe	Basics/Intro
6:00-7:30pm	Mary Kay McCaw	Mindful Flow 2



Photo of Gordana Markovic in Bakasana by Kjirstin Leach

## drop in

single class	\$18
one-hour class	\$13

## memberships

3 month minimum commitment for memberships. Members receive 10-20% off boutique purchases and 20% off workshops.

monthly yoga	\$108/mo
mysore monthly yoga	\$140/mo
three month membership	\$324
six month membership	\$600
annual membership	\$1,000
events membership	\$99/yr
500 training membership	\$149/yr

## class packages

5 class package	\$80
10 class package	\$140
15 class package	\$180
intro to yoga	\$65
intro to ashtanga mysore	\$50
unlimited yoga (30 days)	\$150

## student or senior

single class	\$14
5 class package	\$65
10 class package	\$120

- Packages good at all three Moksha locations.
- Students and seniors (62+) must show ID.
- Packages are nontransferable, nonrefundable, and **expire in 90 days after first use**.
- Three month, six month and yearly memberships must be paid in full at time of purchase.
- Membership includes 20% off all events and 10% off retail for duration of membership.