

riverwest

700 North Carpenter St. • 312 942 9642

monday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
10:00-11:30am	Hiral Vyas	Hatha Vinyasa 1-2
12:30-1:30pm	Jason Gall	Hatha Vinyasa 1-2
5:00-7:00pm	Todd Boman	Ashtanga Mysore
6:00-7:30pm	Amber Cook	Vinyasa 2-3
7:15-8:30pm	Maya Adams	Hatha 1-2
8:00-9:30pm	Aimee Forsberg	Foundations

tuesday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
7:30-8:45am	Sarah Lindgren	Vinyasa 1-2
10:00-11:30am	Mary Wolters	Prana Vinyasa
12:00-1:15pm	Kimberly Dunn	Vinyasa & UNWIND
4:15-5:30pm	Gwen Mihaljevich	Forrest Yoga
5:45-7:00pm	Aimee Forsberg	Basics/Intro
6:00-7:30pm	Daren Friesen	Vinyasa 2-3
7:30-9:00pm	Daren Friesen	Yoga Sutras
7:30-8:45pm	Kelly Sites	Restorative

wednesday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
10:00-11:30am	Erin Cowan	Gentle Yoga & Somatics
12:00-1:15pm	Kimberly Dunn	Vinyasa 2
4:15-5:30pm	Vanessa Mohr	Foundations
5:00-7:00pm	Todd Boman	Ashtanga Mysore
6:00-7:15pm	Gordana Markovic	Vinyasa 1-2
7:15-8:45pm	Jessey Nickells	Restorative
7:30-9:00pm	GuruNischan Khalsa	Fundamentals of Kundalini

thursday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
8:30-9:45am	Catherine Gruschow	Vinyasa 1-2
10:00-11:30am	Gwen Mihaljevich	Forrest Yoga
12:00-1:00pm	Maya Adams	Hatha 1-2
6:00-7:15pm	Lani Granum	Bhakti Vinyasa
6:30-7:45pm	Jacqueline Wojcik	Vinyasa 2-3
7:30-8:45pm	Lily Martinez	Hatha 1-2
8:00-9:15pm	Sarah Steimer	Forrest Yoga

friday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
10:00-11:30am	Sarah Landicho	Vinyasa 1-2
12:00-1:30pm	Vanessa Mohr	Vinyasa 1-2
5:00-7:00pm	Todd Boman	Ashtanga Mysore
7:30-8:45pm	Emily Olsen	Vinyasa 1-2

saturday

7:30-9:00am	Erin Cowan	Hatha 1-3
9:15-11:00am	Megan Drozd	Ashtanga Full Primary
1:30-3:00pm	Tristan Krohn	Basics/Intro
4:00-6:00pm	Laura Henke	Flow 1-3

sunday

7:30-9:15am	Aimee Forsberg	Hatha 1-2
8:00-10:00am*	Todd Boman	Ashtanga Mysore
10:30-12:00pm	Daren Friesen	Vinyasa 2-3
12:30-5:00pm	Daren Friesen	Teacher Training**
5:30-7:00pm	Blanca F. Aviles	Vigorous Vinyasa 2-3
7:15-9:00pm	Jessey Nickells	Candlelight Restorative

west bucktown

2528 West Armitage Ave. • 773 235 9642

monday

10:30-11:45pm	Cindy Clendenin	Hatha Vinyasa 1-2
12:00-1:00pm	Tristan Krohn	Vinyasa 1-2
5:30-6:45pm	Dana Parisi	Vinyasa 1-2
6:00-7:30pm	Daren Friesen	Vinyasa 2-3
7:00-8:30pm	Dmytro Nor	Vinyasa 1-2
7:30-8:30pm	Giridhari Dasa	Bhakti Yoga
7:30-8:30pm	Daren Friesen	TT Free Info Session
7:45-9:00pm	Robin Thonis	Candlelight Vinyasa 1-2

tuesday

10:30-11:45am	Dianna Oles	Vinyasa 1-2
12:00-1:00pm	Dianna Oles	Gentle Hatha 1-2
5:00-6:15pm	Lily Martinez	Hatha 1-2
6:00-7:30pm	Danielle D. Barton	Breathe: For People of Color
6:30-7:45pm	Carrie Pokorney	Vinyasa 1-2
7:30-9:00pm	Danielle D. Barton	Book Club: For People of Color
7:45-9:00pm	Megan Drozd	Guided Ashtanga
8:00-9:15pm	Tristan Krohn	Candlelight Vinyasa 1-2

wednesday

10:00-11:30am	Kyle Boerema	Vinyasa 2-3
12:30-1:30pm	Catherine Gruschow	Vinyasa 1-2
4:15-5:30pm	Dianna Oles	Restorative & Yoga Nidra
6:00-7:15pm	Steven Schroeder	Vinyasa 1-2
6:15-7:30pm	Carly Brink	Gentle Hatha 1-2
7:15-8:45pm	Dana Parisi	Restorative
8:00-9:15pm	Lily Martinez	Foundations

thursday

10:00-11:30am	Daren Friesen	Vinyasa 1-2
12:00-1:15pm	COMMUNITY	Basics/Intro
5:00-7:00pm	Megan Drozd	Ashtanga Mysore
6:00-7:00pm	Carly Brink	UNWIND
6:30-8:00pm	Dana Parisi	Vinyasa 2-3
7:15-8:30pm	Maya Zinn	Vinyasa 1-2

friday

10:00-11:30am	Sarah Lindgren	Vinyasa 1-2
12:00-1:15pm	Sarah Lindgren	Vinyasa 1-2
6:00-7:30pm	Bharavi Shera	Hatha 1-2
6:00-7:30pm	Kahrin Digaglio	Vinyasa 1-2

saturday

8:30-9:45am	Steven Schroeder	Foundations
10:00-11:30am	Dasha Afanassova	Vinyasa 2-3
11:45-1:15pm	Dasha Afanassova	AcroYoga
12:00-1:30pm	Robin Thonis	Hatha Vinyasa 1-2
1:30-3:00pm	Jason Gall	Vinyasa 1-2
3:30-5:00pm	COMMUNITY	Basics/Intro
5:15-6:30pm	Gordana Markovic	Vinyasa & Yoga Nidra

sunday

8:00-9:30am	Lani Granum	Bhakti Vinyasa
10:00-11:30am	Lance Hoagland	Flow 1-3
12:00-1:30pm	Kathie Howe	Basics/Intro
1:45-3:15pm	Gordana Markovic	Vinyasa 1-2
3:30-5:00pm	Emily Olsen	Vinyasa 1-2
4:00-5:30pm	Kelly Sites	Vinyasa 2-3
5:00-6:30pm	Jackie Theibert	Vinyasa 1-2
6:00-7:30pm	Laura Grossman	Vinyasa 1-2



200hr 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 information contact
info@mokshayoga.com*

*No Mysore class on new & full moon days. Doors open 7am; adjustments 8-11am.

** Pre-registrations required

Times and classes are subject to change. Please see mokshayoga.com for the most up-to-date schedule.

events

For more information about events, teacher training or retreats:
visit www.mokshayoga.com

fall schedule

november 1- november 30



october

Oct 18	Adjustments Clinic	Daren Friesen
Oct 20- Oct 23	Ashtanga Weekend	Harmony Slater
Oct 24	MasterClass: Breathwork	Louis Amoroso
Oct 25	Business for Yoga Teachers	Daren Friesen
Oct 29	Teaching: Non-Flexible Students	Aimee Forsberg

november

Nov 1	Intro to Ayurveda	Daren Friesen
Nov 3	Sattvic Lifestyle	Lance Hoagland
Nov 4	New Moon Ceremony	Talya Ring
Nov 4	MasterClass: Trikonasana	Sarah Lindgren
Nov 10-12	Yoga to Transform Trauma	Catherine Ashton
Nov 11	Kirtan	Devi 2000
Nov 18	Open House	Moksha Teachers
Nov 19	The Power of Language	Bhairavi Shera
Nov 30	Restorative Class	Leeann Carey

december

Dec 1-3	Restorative Yoga Intensive	Leeann Carey
Dec 1-4	Teaching Skills	Leeann Carey
Dec 3	New Moon Ceremony	Talya Ring
Dec 9	Holiday Party	Moksha Yoga
Dec 18	Full Moon Ceremony	Talya Ring
Dec 17	Manifestation Board Party	Bhairavi Shera

teacher training

Dec 31	200 hour Foundational	Kerala India
Feb 3	500 hour Advanced	Kerala India

india retreats

Dec 30-Jan 11, 2018	Yoga & Ayurveda Retreat	South India
Jan 8- Jan 18, 2018	Yoga & Ayurveda Retreat,	South India
Jan 25, 2018	India Temple & Ashram Tour	South India
Feb 2- Feb 12, 2018	Yoga & Ayurveda Retreat	South India

save the date

March 30- Apr 1	Functional Fitness Intensive	Stefan Knight
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drop in

single class	\$20
one-hour class	\$15

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 trainee membership	\$149/yr

class packages

5 class package	\$80
10 class package	\$140
15 class package	\$180
intro to ashtanga	\$50
new to yoga	\$65
1 week unlimited yoga	\$40
unlimited yoga (30 days)	\$150

student or senior

single class	\$15
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.

Blanca Aviles
in Ekapada Urdhvhadhanurasana