

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>NEW THIS MONTH REDUCED SUMMER SCHEDULE</p> <p>NEW GUEST INSTRUCTOR MARLENE LEDUC</p> <p>NOW HIP HOP FOR ADULTS</p> <p>NO BELLY DANCE, SHOTOKAN KARATE/SELF DEFENSE, VINYASA 2 (V2), YOGA FOR KIDS, ZEN MEDITATION</p> <p>COCKTAILS SAMPLING WITH ANGOSTURA!</p> <p>SOME TEMPORARY CLASS TIME CHANGES</p>			<p>1</p> <p>7AM (60mins) M (Heather)</p> <p>9AM (75mins) MFlow (Heather)</p> <p>12NOON (60mins) M (Karen)</p> <p>4:30PM (60mins) M (Troy)</p> <p>6PM (90mins) M (Troy)</p> <p>7:45PM-8:45PM (60mins) DANCERCISE (Allison)</p>	<p>2</p> <p>7AM (60mins) M (Heather)</p> <p>12NOON (60mins) M (Heather)</p> <p>4:30PM (60mins) MUSIC MFlow (Troy)</p> <p>6PM (75mins) KUNDALINI (Hari Sant)</p> <p>7:30PM (60mins) TAI CHI (Gregory H.)</p> <p>NEW INSTRUCTOR MARLENE LEDUC ARRIVES!</p> <p>COCKTAIL SAMPLING FRIDAY!</p>	<p>3</p> <p>8:30AM (60mins) M (Heather)</p> <p>10AM (90mins) YY/S+M (Heather)</p>
<p>4</p> <p>10AM (90mins) M (Ingrid)</p>	<p>5</p> <p>9AM (75mins) M (Heather)</p> <p>12NOON (60mins) M (Heather)</p> <p>2:30PM (60mins) Private (Karen)</p> <p>4:30PM (60mins) M (Karen)</p> <p>6PM (90mins) M (Karen)</p>	<p>6</p> <p>7AM (60mins) M (Karen)</p> <p>9AM (75mins) M (Karen)</p> <p>12NOON (60mins) M (Marlene)</p> <p>4:30PM (60mins) M (Marlene)</p> <p>5:45 (75mins) YY/S+M (Heather)</p> <p>7:15PM (90mins) M (Heather)</p>	<p>7</p> <p>7AM (60mins) M (Heather)</p> <p>9AM (90mins) M (Heather)</p> <p>12NOON (60mins) M (Karen)</p> <p>6PM (75mins) M (Karen)</p> <p>7:30PM (60mins) M (Marlene)</p>	<p>8</p> <p>7AM (60mins) M (Karen)</p> <p>9AM (75mins) MFlow (Karen)</p> <p>12NOON (60mins) M (Marlene)</p> <p>4:30PM (60mins) M (Marlene)</p> <p>6PM (90mins) M (Marlene)</p> <p>7:45PM-8:45PM (60mins) DANCERCISE (Allison)</p> <p>HEATHER LEAVES ☹</p>	<p>9</p> <p>7AM (60mins) M (Marlene)</p> <p>12NOON (60mins) M (Marlene)</p> <p>4:30PM (60mins) MUSIC MFlow (Marlene)</p> <p>6PM (75mins) KUNDALINI (Hari Sant)</p> <p>7:30PM (60mins) TAI CHI (Gregory H.)</p> <p>COCKTAIL SAMPLING FRIDAY!</p>	<p>10</p> <p>8:30AM (60mins) M (Marlene)</p> <p>10AM (90mins) YY/S+M (Karen)</p>
<p>11</p> <p>10AM (90mins) M (Marlene)</p>	<p>12</p> <p>9AM (75mins) M (Marlene)</p> <p>12NOON (60mins) M (Marlene)</p> <p>2:30PM (60mins) Private (Karen)</p> <p>4:30PM (60mins) M (Karen)</p> <p>6PM (90mins) M (Karen)</p>	<p>13</p> <p>7AM (60mins) M (Karen)</p> <p>9AM (75mins) M (Karen)</p> <p>12NOON (60mins) M (Marlene)</p> <p>4:30PM (60mins) M (Marlene)</p> <p>5:45 (75mins) YY/S+M (Karen)</p> <p>7:15PM (90mins) M (Marlene)</p>	<p>14</p> <p>7AM (60mins) M (Karen)</p> <p>9AM (90mins) M (Marlene)</p> <p>12NOON (60mins) M (Marlene)</p> <p>6PM (75mins) M (Karen)</p> <p>7:30PM (60mins) M (Karen)</p>	<p>15</p> <p>7AM (60mins) M (Marlene)</p> <p>9AM (75mins) MFlow (Marlene)</p> <p>12NOON (60mins) M (Karen)</p> <p>4:30PM (60mins) M (Karen)</p> <p>6PM (90mins) M (Karen)</p> <p>7:45PM-8:45PM (60mins) DANCERCISE (Allison)</p> <p>15/30 DAY CHALLENGE BEGINS!</p>	<p>16</p> <p>7AM (60mins) M (Karen)</p> <p>12NOON (60mins) M (Karen)</p> <p>4:30PM (60mins) MUSIC MFlow (Marlene)</p> <p>6PM (75mins) KUNDALINI (Hari Sant)</p> <p>7:30PM (60mins) TAI CHI (Gregory H.)</p> <p>COCKTAIL SAMPLING FRIDAY!</p>	<p>17</p> <p>8:30AM (60mins) M (Karen)</p> <p>10AM (90mins) YY/S+M (Ingrid)</p>
<p>18</p> <p>10AM (90mins) M (Ingrid)</p>	<p>19</p> <p>9AM (75mins) M (Marlene)</p> <p>12NOON (60mins) M (Marlene)</p> <p>1PM-3PM (120mins) Private (Karen)</p> <p>4:30PM (60mins) M (Karen)</p> <p>6PM (90mins) M (Karen)</p>	<p>20</p> <p>7AM (60mins) M (Marlene)</p> <p>9AM (75mins) M (Marlene)</p> <p>12NOON (60mins) M (Karen)</p> <p>4:30PM (60mins) M (Marlene)</p> <p>5:45 (75mins) YY/S+M (Karen)</p> <p>7:15PM (90mins) M (Karen)</p>	<p>21</p> <p>7AM (60mins) M (Marlene)</p> <p>9AM (90mins) M (Karen)</p> <p>12NOON (60mins) M (Marlene)</p> <p>6PM (75mins) M (Karen)</p> <p>7:30PM (60mins) M (Marlene)</p>	<p>22</p> <p>7AM (60mins) M (Marlene)</p> <p>9AM (75mins) MFlow (Marlene)</p> <p>12NOON (60mins) M (Karen)</p> <p>4:30PM (60mins) M (Marlene)</p> <p>6PM (90mins) M (Karen)</p> <p>7:45PM-8:45PM (60mins) DANCERCISE (Allison)</p>	<p>23</p> <p>7AM (60mins) M (Marlene)</p> <p>12NOON (60mins) M (Marlene)</p> <p>4:30PM (60mins) MUSIC MFlow (Karen)</p> <p>6PM (75mins) KUNDALINI (Hari Sant)</p> <p>7:30PM (60mins) TAI CHI (Gregory H.)</p> <p>COCKTAIL SAMPLING FRIDAY!</p>	<p>24</p> <p>8:30AM (60mins) M (Karen)</p> <p>10AM (90mins) YY/S+M (Karen)</p>
<p>25</p> <p>10AM (90mins) M (Karen)</p> <p>12NOON (60mins) YOGA EROTICA (COUPLES ONLY) (Karen) (60mins)</p> <p>1:15PM (60mins) YOGA EROTICA (SINGLES ONLY) (Karen)</p>	<p>26</p> <p>9AM (75mins) M (Marlene)</p> <p>12NOON (60mins) M (Marlene)</p> <p>1PM-3PM (120mins) Private (Karen)</p> <p>4:30PM (60mins) M (Troy)</p> <p>6PM (90mins) M (Troy)</p> <p>SEE STUDIO B FOR MONDAY'S YOGA EROTICA CLASS TIMES</p>	<p>27</p> <p>7AM (60mins) M (Marlene)</p> <p>9AM (75mins) M (Marlene)</p> <p>12NOON (60mins) M (Karen)</p> <p>4:30PM (60mins) M (Karen)</p> <p>5:45 (75mins) YY/S+M (Karen)</p> <p>7:15PM (90mins) M (Marlene)</p>	<p>28</p> <p>7AM (60mins) M (Marlene)</p> <p>9AM (90mins) M (Karen)</p> <p>12NOON (60mins) M (Marlene)</p> <p>6PM (75mins) M (Karen)</p> <p>7:30PM (60mins) M (Karen)</p>	<p>29</p> <p>7AM (60mins) M (Karen)</p> <p>9AM (75mins) MFlow (Karen)</p> <p>12NOON (60mins) M (Marlene)</p> <p>4:30PM (60mins) M (Karen)</p> <p>6PM (90mins) M (Troy)</p> <p>7:45PM-8:45PM (60mins) DANCERCISE (Allison)</p> <p>15 DAY CHALLENGE PART 1 ENDS!</p>	<p>30</p> <p>7AM (60mins) M (Marlene)</p> <p>12NOON (60mins) M (Marlene)</p> <p>4:30PM (60mins) LIVE MUSIC MFlow Francesco (Troy)</p> <p>6PM (75mins) KUNDALINI (Hari Sant)</p> <p>7:30PM (60mins) TAI CHI (Gregory H.)</p> <p>15 DAY CHALLENGE PART 2 BEGINS!</p> <p>COCKTAIL SAMPLING FRIDAY!</p>	<p>31</p> <p>8:30AM (60mins) M (Marlene)</p> <p>10AM (90mins) YY/S+M (Ingrid)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:15PM (60mins) HIP HOP (Teens) (Adrian) 4:30PM (60mins) STRAIGHT CORE (Karen) 7:15PM-8:45PM Studio B Booked	2 5:45PM (60mins) M *PAY WHAT U CAN* (Karen) NEW INSTRUCTOR MARLENE LEDUC ARRIVES! COCKTAIL SAMPLING FRIDAY!	3
4 10AM *NEW (60mins) HIP HOP (Adults) (Adrian)	5 7:15PM (90mins) CAPOEIRA (Senzala)	6 3:15PM (60mins) HIP HOP (Adrian)	7 6PM (60mins) HATHA (Marlene)	8 3:15PM (60mins) HIP HOP (Teens) (Adrian) 4:30PM (60mins) STRAIGHT CORE (Karen) 7:15PM-8:45PM Studio B Booked HEATHER LEAVES ☹	9 5:45PM (60mins) M *PAY WHAT U CAN* (Karen)	10
11 10AM *NEW (60mins) HIP HOP (Adults) (Adrian)	12 11AM-2PM Studio B Booked 7:15PM (90mins) CAPOEIRA (Senzala)	13 3:15PM (60mins) HIP HOP (Adrian)	14 11AM-2PM Studio B Booked 6PM (60mins) HATHA (Marlene)	15 3:15PM (60mins) HIP HOP (Teens) (Adrian) 4:30PM (60mins) STRAIGHT CORE (Marlene) 7:15PM-8:45PM Studio B Booked 15/30 DAY CHALLENGE BEGINS!	16 11AM-2PM Studio B Booked 5:45PM (60mins) M *PAY WHAT U CAN* (Marlene)	17
18 10AM *NEW (60mins) HIP HOP (Adults) (Adrian)	19 11AM-2PM Studio B Booked 7:15PM (90mins) CAPOEIRA (Senzala)	20 11AM-2PM Studio B Booked 3:15PM (60mins) HIP HOP (Adrian) 4:30PM (90mins) LATIN (Gregory T.)	21 11AM-2PM Studio B Booked 6PM (60mins) HATHA (Marlene)	22 11AM-2PM Studio B Booked 3:15PM (60mins) HIP HOP (Teens) (Adrian) 4:30PM (60mins) STRAIGHT CORE (Karen) 7:15PM-8:45PM Studio B Booked	23 5:45PM (60mins) M *PAY WHAT U CAN* (Marlene)	24 10AM-12NOON Zen Talks
25 10AM *NEW (60mins) HIP HOP (Adults) (Adrian)	26 5PM (60mins) YOGA EROTICA (SINGLES ONLY) (Karen) 6:15PM (60mins) YOGA EROTICA (COUPLES ONLY) (Karen) 7:15PM (90mins) CAPOEIRA (Senzala)	27 3:15PM (60mins) HIP HOP (Adrian) 4:30PM (90mins) LATIN (Gregory T.)	28 6PM (60mins) HATHA (Marlene)	29 3:15PM (60mins) HIP HOP (Teens) (Adrian) 4:30PM (60mins) STRAIGHT CORE (Troy) 7:15PM-8:45PM Studio B Booked 15 DAY CHALLENGE PART 1 ENDS!	30 5:45PM (60mins) M *PAY WHAT U CAN* (Troy) 15 DAY CHALLENGE PART 2 BEGINS!	31 10AM-12NOON Zen Talks

CLASS DESCRIPTIONS:

- **M - The Moksha Series - OPEN TO ANYONE.** Moksha Yoga is a series of postures practiced in a **heated room. The series works to stretch, strengthen and tone the muscles while detoxifying the body and calming the mind. Runs for 90mins, 75mins, or 60mins (length is indicated). (HEATERS COMING SOON!)
- **MFlow - Moksha Flow - Open to anyone who has taken at least 8 Moksha classes.** Based on the Moksha series, with seamless transitions from one posture to the next. This class is a bit more challenging than a Moksha class and also a great introduction to the Vinyasa II class. Can run for 60mins, 75mins or 90mins (length is indicated).
- **LIVE MUSIC MFLOW FRIDAY @ 4:30pm!!! (Now the last Friday of the month) The same as a regular Moksha Flow class with the addition of Live Music...the acoustic sounds courtesy of Francesco Emmanuel!!!**
- **M *PAY WHAT YOU CAN* - A Moksha Class Paid By Donation - OPEN TO ANYONE.** The traditional Moksha Yoga 1hr series. You pay what you can (i.e. by donation) and 100% of all proceeds go towards The Karma Foundation that supports various community-based, non-government supported charities.
- **YY/S+M - Yin Yoga/Strength and Mobility -** A class focused on stretching, flexibility of the deeper muscle tissue, and working with the ligaments and fascia (fascia, connective tissue...the packing material of the body. It envelopes the muscles, bones and joints and holds us together supporting the body structure and giving us our shape. It provides protection and autonomy for the individual muscles and it joins and bonds). This class now also combines elements of strengthening and mobility that focus on movement exercises and help increase mobility and strength in the shoulders, hips, knees, back and even the feet. This class is **OPEN TO ANYONE**, and is even more excellent for runners and body builders. Only 9 to 10 postures...all done on the floor, but held for 3 to 5 or even 10mins. Runs for 90mins, 60mins or 75mins (length is indicated).
- **KUNDALINI YOGA - OPEN TO ANYONE.** Kundalini Yoga as taught by **Yogi Bhajan, Ph.D**, Master of Kundalini Yoga, is a technology that works on the glandular system. It uses movement, sound current, breath and meditation to relax and heal your mind and body, allowing the spirit to flow freely. By stimulating the nervous and immune systems Kundalini Yoga increases strength and brings a greater feeling of well-being and happiness. It also centers the mind to bring clarity and facilitates open heartedness. Benefits are experienced from the very first class.
- **HATHA YOGA –** This class is a great introductory class for students who wish to learn the basics of Hatha Yoga, have never done yoga before and who may be working with injuries and are in need of a slower pace. Runs for 60mins. **OPEN TO ANYONE.**
- **STRAIGHT CORE – OPEN TO ANYONE.** This class will be focused on core strengthening only and based on all the core strengtheners practised in all the Moksha Yoga classes. While most believe that core strength is just the abdominal area, by the time you finish this class you will understand that there is your upper core and lower core strength. You will not only discover both of these core areas, you will also learn to use them either in class or in your every day life. This class is a great complement to anything you do in life! Runs for 60mins.
- **CAPOEIRA - OPEN TO ANYONE.** This Afro-Brazilian form of self-defense incorporates martial arts with acrobatics, stylized dance, and musical instruments. Instructed by **Leon Carmichael of Senzala Group Trinidad**. Runs for 90mins.
- **TAI CHI - OPEN TO ANYONE.** The ancient art of Tai Chi, when practiced correctly, improves your balance, endurance, strength, reflexes, flexibility and longevity. Instructed by **Gregory Herrera**, who has been practising the art for 25 years, and also has extensive experience in teaching martial arts, Ikido and Karate. Gregory is also an AFAA (Aerobic & Fitness Association of America) certified fitness instructor for 25 years.

SPECIALTY CLASSES: THESE CLASSES ARE NOT INCLUDED IN A MOKSHA CLASS PASS

- **HIP HOP – OPEN TO ANYONE.** Learn the latest Hip Hop moves with Choreographer **Adrian Daniel**, 5-time Medalist of World Hip Hop Championships – Runs for 60mins. **Cost is TT\$45.00 Per class. If taking one (1) class per week TT\$175.00 for the month OR two (2) classes per week \$325.00 for the month. HIP HOP for Adults is now available on SUNDAYS AT 10AM.**
- **LATIN – OPEN TO ANYONE.** Learn how to do the Salsa like a true professional with Gregory Torres! Gregory and his Team – Salsa Vive have won many competitions nationally and represented the country internationally in places like Miami. He says that through his creative communication, he is able to animatedly enhance/evoke rhythmic behaviours in individuals bringing about a sense of self-confidence and well-being. Run for 90mins. **TT\$50.00 per drop-in class OR a TT\$350.00 per person per Term (PLEASE NOTE: One term is a 10-week session).** The Term Pass entitles you to classes in the East, South and Central...wherever these classes are held.

OTHER:

- **PRIVATE CLASSES ARE AVAILABLE...BOOK AT THE FRONT DESK!!!**
- **AYURVEDIC MESSAGES, SWEDISH MASSAGE, THAI YOGA MASSAGE AND MORE, AVAILABLE AT MOKSHA MASSAGE...BOOK AT THE FRONT DESK!!!**
- **PLEASE NOTE THAT THESE ARE NOT CURRENTLY AVAILABLE – Shotokan Karate/Self Defense, Pilates, Vinyasa 2, Zen Meditation, Prenatal I and II, Restorative Yoga, Yoga for Kids, Salsa for Kids and Dance.**

**START TODAY AND GET A 2-WEEK TRIAL FOR TT\$60.00!
(i.e. DON'T PAY ANY MORE MONEY FOR THE NEXT 13 DAYS!!!)**

Location: 103 Tragarete Rd. (Tragarete and Murray...next door to Island People)

For more information on Moksha Yoga, please contact us at:

p: (868) HOT-YOGA (468-9642)

e: info@mokshayogatrinidad.com OR

Visit our website at www.mokshayogatrinidad.com.

FC - First Class / P - Trial 2 Weeks - \$60 (14 consecutive days)

K1 - Kids' Single (Drop-In) Class - \$50

SC - Single (Drop-in) Class - \$60

5CC - 5 Class Card - \$260 (exp. 30 days)

TTARP/STUDENTS 5CC - 5 Class Card - \$260 (exp. 45 days)

10CC - 10 Class Card - \$480 (exp. 45 days)

20CC - 20 Class Card - \$880 (exp. 90days)

MU - One Month Unlimited - \$550 (exp. 30 days)

TTARP/STUDENTS MU - One Month Unlimited - \$350 (exp. 30 days)

3MU - Three Month Unlimited - \$1500 (exp. 90 days)

6MU - Six Month Unlimited - \$2800 (exp. 180 days)

YP - Yearly Pass Unlimited - \$6000 (exp. 1yr)