

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NO BELLY DANCE AND NO LATIN CLASSES THIS MONTH</b></p> <p><b>LENTEN CHALLENGE BEGINS!</b></p> <p><b>NOW OFFERING MODERN DANCE INTERMEDIATE!!</b></p> <p><b>HOT STONE MASSAGE, THAI YOGA MASSAGE, SWEDISH MASSAGE, NOW AVAILABLE! BOOK AT FRONT DESK!</b></p>	<p><b>1</b></p> <p>8:15AM (75mins) M (Vanessa)</p> <p>10AM (90mins) M (Vanessa)</p> <p>12NOON (60mins) M (Joanne)</p> <p>2:30PM (60mins) Private (Karen)</p> <p>3:15PM (60mins) M (Heather)</p> <p>4:30PM (60mins) M (Troy)</p> <p>6PM (90mins) M (Karen)</p> <p>8PM (75mins) MFlow (Troy)</p>	<p><b>2</b></p> <p>5:30AM (60mins) M (Ingrid)</p> <p>7AM (60mins) M (Heather)</p> <p>8:15AM (75mins) M (Heather)</p> <p>10AM (75mins) V2 (Troy)</p> <p>12NOON (60mins) M (Troy)</p> <p>3:15PM (60mins) M (Vanessa)</p> <p>4:30PM (60mins) M (Vanessa)</p> <p>5:45 (75mins) MODERN (Instructor)</p> <p>7:15PM (90mins) M (Karen)</p>	<p><b>3</b></p> <p>7AM (60mins) M (Karen)</p> <p>8:15AM (75mins) M (Troy)</p> <p>10AM (90mins) M (Karen)</p> <p>12NOON (60mins) M (Joanne)</p> <p>3:15PM (60mins) M (Heather)</p> <p>4:30PM (75mins) M (Heather)</p> <p>6PM (90mins) M (Vanessa)</p> <p>8PM (75mins) M (Vanessa)</p> <p align="center"><b>15/30 DAY CHALLENGE BEGINS!!!</b></p>	<p><b>4</b></p> <p>5:30AM (60mins) M (Ingrid)</p> <p>7AM (60mins) M (Vanessa)</p> <p>8:15AM (75mins) MFlow (Vanessa)</p> <p>10AM (90mins) M (Heather)</p> <p>12NOON (60mins) M (Heather)</p> <p>3:15PM (60mins) YY/S+M (Karen)</p> <p>4:30PM (60mins) M (Troy)</p> <p>6PM (90mins) M (Troy)</p> <p>7:45PM <b>*NEW*</b> (75mins) MODERN (Intermediate)</p>	<p><b>5</b></p> <p>7AM (60mins) M (Heather)</p> <p>8:15AM (75mins) M (Heather)</p> <p>10AM (90mins) M (Vanessa)</p> <p>4:30PM (60mins) LIVE MUSIC MFlow with Peter &amp; Francesco (Troy)</p> <p>6PM (75mins) KUNDALINI (Hari Sant)</p> <p>7:30PM (60mins) TAI CHI (Gregory)</p> <p align="center"><b>SAMPLE TASTING FRIDAY!</b></p>	<p><b>6</b></p> <p>8AM (60mins) M (Vanessa)</p> <p>8:15AM (60mins) Private (Karen)</p> <p>9:15AM (75mins) M (Joanne)</p> <p>11AM (90mins) YY/S+M (Karen)</p> <p align="center"><b>5PM (90mins) M (Heather)</b></p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NO BELLY DANCING AND NO LATIN CLASSES THIS MONTH</b></p> <p><b>LENTEN CHALLENGE BEGINS!!!</b></p> <p><b>NOW OFFERING MODERN DANCE INTERMEDIATE!!</b></p> <p><b>HOT STONE MASSAGE, THAI YOGA MASSAGE, SWEDISH MASSAGE, MANICURES &amp; PEDICURES NOW AVAILABLE!... BOOK AT FRONT DESK!</b></p>	<p>1</p> <p>4:30PM (60mins) MFlow (Heather)</p> <p>6PM (60mins) M (Troy)</p> <p>7:15PM (90mins) CAPOEIRA (Senzala)</p>	<p>2</p> <p>6:15PM SHOTOKAN KARATE AND SELF-DEFENSE (60mins) (Giselle)</p> <p>7:30PM (60mins) TAI CHI (Gregory)</p>	<p>3</p> <p><b>NO PILATES TODAY</b></p> <p>6PM (60mins) HATHA (Sareeta)</p>	<p>4</p> <p>10:30AM (60mins) TAI CHI (Gregory)</p> <p>4:30PM (75mins) MODERN (Instructor)</p> <p>6PM (75mins) V2 (Karen)</p>	<p>5</p> <p>4:30PM (60mins) HATHA (Sareeta)</p> <p>5:45PM (60mins) M *PAY WHAT U CAN* (Troy)</p> <p><b>SAMPLE TASTING FRIDAY!</b></p>	<p>6</p> <p>9:15AM YFK (AGES 4-8) (75mins) (Vanessa)</p> <p>11AM YFK (AGES 9-12) (90mins) (Joanne)</p> <p><b>**FOR KIDS 3 AND UNDER, ASK KAREN.</b></p>
<p>7</p> <p>10AM (90mins) KUNDALINI (Hari Sant)</p> <p>4PM (2HRS.) ZEN MEDITATION</p> <p><b>HAPPY BIRTHDAY, KELLIE!</b></p>	<p>8</p> <p>4:30PM (60mins) MFlow (Vanessa)</p> <p>6PM (60mins) M (Karen)</p> <p>7:15PM (90mins) CAPOEIRA (Senzala)</p>	<p>9</p> <p>6:15PM SHOTOKAN KARATE AND SELF-DEFENSE (60mins) (Giselle)</p> <p>7:30PM (60mins) TAI CHI (Gregory)</p>	<p>10</p> <p><b>NO PILATES TODAY</b></p> <p>6PM (60mins) HATHA (Sareeta)</p>	<p>11</p> <p>10:30AM (60mins) TAI CHI (Gregory)</p> <p>4:30PM (75mins) MODERN (Instructor)</p> <p>6PM (75mins) V2 (Troy)</p>	<p>12</p> <p>4:30PM (60mins) HATHA (Sareeta)</p> <p>5:45PM (60mins) M *PAY WHAT U CAN* (Heather)</p> <p><b>SAMPLE TASTING FRIDAY!</b></p>	<p>13</p> <p>9:15AM YFK (AGES 4-8) (75mins) (Heather)</p> <p>11AM YFK (AGES 9-12) (90mins) (Joanne)</p> <p><b>**FOR KIDS 3 AND UNDER, ASK KAREN.</b></p>
<p>14</p> <p>10AM (90mins) KUNDALINI (Hari Sant)</p> <p>4PM (2HRS.) ZEN MEDITATION</p>	<p>15</p> <p>4:30PM (60mins) MFlow (Troy)</p> <p>6PM (60mins) M (Troy)</p> <p>7:15PM (90mins) CAPOEIRA (Senzala)</p>	<p>16</p> <p>6:15PM SHOTOKAN KARATE AND SELF-DEFENSE (60mins) (Giselle)</p> <p>7:30PM (60mins) TAI CHI (Gregory)</p>	<p>17</p> <p>4:30PM (60mins) PILATES (Alexa)</p> <p>6PM (60mins) HATHA (Sareeta)</p>	<p>18</p> <p>10:30AM (60mins) TAI CHI (Gregory)</p> <p>4:30PM (75mins) MODERN (Instructor)</p> <p>6PM (75mins) V2 (Karen)</p>	<p>19</p> <p>4:30PM (60mins) HATHA (Sareeta)</p> <p>5:45PM (60mins) M *PAY WHAT U CAN* (Vanessa)</p> <p><b>SAMPLE TASTING FRIDAY!</b></p>	<p>20</p> <p>9:15AM YFK (AGES 4-8) (75mins) (Heather)</p> <p>11AM YFK (AGES 9-12) (90mins) (Joanne)</p> <p><b>**FOR KIDS 3 AND UNDER, ASK KAREN</b></p>
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**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 FRIDAYS @ 4:30pm!!! The same as a regular Moksha Flow class with the addition of Live Music...the acoustic sounds courtesy of Francesco Emmanuel and Peter Hadeed!!!**
- **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.
- **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.
- **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.
- **MODERN - MODERN DANCE - OPEN TO ADULTS ONLY (16 AND UP).** A class that is meant to be fun without the pressure of a show, for those who want the workout of a dance class, for those who have never done dance before and always wanted to or for those who just want a little variety in their fitness regimen. Students can expect to learn the basics of the most widely practiced modern dance techniques, and all classes are taught by the Moksha Dance Team, composed of instructors with a wide range of experience. **NOW OFFERING Intermediate level Contemporary classes Thursdays 7:45-9:15 (Beginning February 25, 2010 until June 24, 2010)**
- **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.**
- **PILATES - OPEN TO ANYONE.** A class that has an in-depth focus on core strength and is a great complement to the Moksha Yoga classes. Taught by **Alexa Cheekes**, who gained her training in Toronto, Canada, and is certified in STOTT Pilates Technique in two (2) areas; Pilates Mat – Essential, Intermediate, and Advanced, & Reforma – Essential & Intermediate. And Alexa, who can never keep still, has gone on to complete training in other workshops as well. In other words, she **ROCKS!** Come check out her class, nah?!!
- **SHOTOKAN KARATE AND SELF-DEFENSE - OPEN TO ANYONE.** A traditional Karate and Self-Defense class where a person can learn the basics in Shotokan Karate and self-defense moves. All classes are taught by certified Black Belt instructors, **including Giselle Laronde-West**. Runs for 60mins.
- **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.
- **V2 - Vinyasa II - ONLY suitable for those who have been practising some type of yoga for at least 6 months.** A non-stop, power flowing class that uses the principles of Moksha and can be done to music, ending with a longer Savasana. Every class is different. Runs for 75mins. Runs for 45mins or 60mins (length is indicated).
- **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).

- **Zen Meditation - OPEN TO ANYONE.** This meditation class follows the Zen tradition. There is no chanting and focuses on individuals "just sitting". If you are interested in taking your yoga practice further, then this style of meditation is a great introduction. NO PAYMENT REQUIRED. Class, including "meet and greet" and meditation explanations runs for 2hrs.
- **Yoga For Kids (YFK) AND PRE-TEENS.** Let's not forget those 16 and under! Kids cannot practise in the heated room as their sweat glands are not yet developed. As a result we have classes just for them. The YFK classes will include not only asana practice, but arts and crafts, stories, plays and other activities that combine the "practice of yoga" with creativity. **AGE LIMITS AND TIMES NOTED.**

**OTHER:**

- **YIKES! – A hike with a yoga class.** We go on a hike to various places in Trinidad...visit whatever pools or beaches that may be nearby. The hike involves snacks, a vegetarian meal and a 30min yoga class to lengthen the muscles after the hike. Sign up for the monthly newsletters to find out when these take place, or just check online!
- **PRIVATE CLASSES ARE NOW AVAILABLE...BOOK AT THE FRONT DESK!!!**
- **THAI YOGA MASSAGE, HOT STONE MASSAGE, SWEDISH MASSAGE, MANICURES & PEDICURES NOW AVAILABLE...BOOK AT THE FRONT DESK!!!**
- **PLEASE NOTE THAT THESE ARE NOT CURRENTLY AVAILABLE – Prenatal I and II, Restorative Yoga, Hip Hop, Belly Dance, Latin Dance, Salsa for Kids... still to come!**

**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](mailto:info@mokshayogatrinidad.com) OR

Visit our website at [www.mokshayogatrinidad.com](http://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)