

# 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	Vinyasa 1-2
12:00-1:30pm	COMMUNITY	Basics/Intro
12:30-1:30pm	Melissa Zoppa	Vinyasa 1-2
4:00-5:30pm	Jessey Nickells	Hatha 1-2
5:00-7:00pm	Todd Boman	Ashtanga Mysore
6:00-7:30pm	Amber Cook	Vinyasa 2-3
7:15-8:30pm	Ingrid Yang	Vinyasa 2-3
8:00-9:30pm	Aimee Forsberg	Foundations

## tuesday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
7:30-8:45am	Ali Modell	Hatha Vinyasa 1-3
10:00-11:30am	Wade Gotwals	Flow 2-3
12:00-1:15pm	Kimberly Dunn	Vinyasa 1-2
4:15-5:30pm	Gwen Mihaljevich	Forrest Yoga 1-3
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 starts 4/18
7:30-8:45pm	Stephanie Bour	Tantric/Yoga Nidra

## wednesday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
10:00-11:30am	Erin Cowan	Hatha 1-3 & Somatics
12:00-1:15pm	Kimberly Dunn	Vinyasa 1-3
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	Aya-Nikole Cook	Vigorous Vinyasa 1-3
7:30-9:00pm	GuruNischan Khalsa	Fundamentals of Kundalini

## thursday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
7:30-8:45am	Ali Modell	Hatha Vinyasa 1-3
10:00-11:30am	Gwen Mihaljevich	Forrest Yoga 1-3
5:45-7:15pm	Lani Granum	Bhakti Vinyasa
6:15-7:30pm	Lisa Devi	Vinyasa 1-2
7:30-8:45pm	Lily Martinez	Hatha 1-2

## friday

8:00-11:30am*	Todd Boman	Ashtanga Mysore
8:30-9:45am	Aya-Nikole Cook	Vigorous Vinyasa 1-2
10:00-11:30am	Amber Cook	Vinyasa 1-3
12:00-1:30pm	Melissa Zoppa	Vinyasa 1-2
4:45-6:15pm	Lani Granum	Bhakti Vinyasa
6:30-8:00pm	Marjorie Fradin	Forrest Yoga 1-3

## saturday

7:30-9:00am	Erin Cowan	Hatha 1-3
9:15-11:00am	Alexia Bauer	Ashtanga 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	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
6:00-7:30pm	Amani Alak	Vinyasa 1-2
7:45-9:00pm	Jessey Nickells	Candlelight Restorative

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

\*\* Pre-registration required.

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

## monday

10:30-12:00pm	Kimberly Dunn	Vinyasa 1-3
12:00-1:00pm	Kyle Boerema	Vinyasa 1-2
5:30-6:45pm	Dana Parisi	Vinyasa 1-3
6:00-7:30pm	Daren Friesen	Vinyasa 2-3
7:00-8:30pm	Danielle D. Barton	Gentle Hatha 1-2
7:30-8:30pm	Daren Friesen	TT Free Info Session

## tuesday

10:30-11:45am	Dianna Oles	Vinyasa 1-2
12:00-1:00pm	Dianna Oles	Gentle Hatha 1-3
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
7:45-9:00pm	Megan Drozd	Guided Ashtanga 1-3
8:00-8:30pm	Carrie Pokorney	Free Meditation
8:00-9:15pm	Tristan Krohn	Candlelight Vinyasa 1-3

## wednesday

10:00-11:30am	Sarah Lindgren	Vinyasa 1-2
12:30-1:30pm	Erin Cowan	Hatha 1-3
4:15-5:30pm	Tristan Krohn	Vigorous Vinyasa 2-3
6:00-7:00pm	Kimberly Dunn	UNWIND
6:15-7:30pm	Carly Brink	Gentle Hatha 1-2
7:45-9:15pm	Dana Parisi	Restorative
8:00-9:15pm	Lily Martinez	Foundations

## thursday

10:00-11:30am	Daren Friesen	Vinyasa 2-3
6:00-7:00pm	Carly Brink	UNWIND
6:30-8:00pm	Dana Parisi	Vinyasa 1-3
7:45-9:00pm	Jacqueline Wojcik	Vinyasa 2-3
8:15-9:30pm	Vanessa Mohr	Foundations

## friday

10:00-11:30am	Sarah Lindgren	Vinyasa 1-2
12:00-1:15pm	Sarah Lindgren	Vinyasa 1-2
5:00-6:30pm	Charity Luce Colon	Hatha Vinyasa 1-2
6:45-8:15pm	Lu Parisi	Gentle Hatha 1-2

## saturday

8:30-9:45am	Melissa Zoppa	Foundations
10:00-11:30am	Dymtro Nor	Vigorous Vinyasa 1-3
12:00-1:30pm	Kristin Urbanus	Hatha Vinyasa 1-2
1:45-3:15pm	COMMUNITY	Basics/Intro
3:30-5:00pm	Dasha Afanassova	AcroYoga starts 3/11***
5:15-6:30pm	Gordana Markovic	Vinyasa & Yoga Nidra

## sunday

10:00-11:30am	Lance Hoagland	Flow 1-3
12:00-1:30pm	Aimee Forsberg	Basics/Intro
1:45-3:15pm	Gordana Markovic	Vinyasa 1-2
3:30-5:00pm	Emily Olsen	Vinyasa 1-2
5:10-6:30pm	Lauren Goldstein	Vinyasa 2-3
6:00-7:30pm	Laura Grossman	Vinyasa 1-2

\*\*\* Every other week.



## 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](mailto:info@mokshayoga.com)

# lakeview

3334 North Clark St. • 773 975 9642

# spring schedule

march 1 – may 31

## monday

12:00-1:30pm	Mary Wolters	Hatha Vinyasa 1-2 starts 3/13
6:00-7:30pm	Faculty	Hatha Vinyasa 1-3
7:45-9:15pm	Maya Zinn	Candlelight Restorative

## tuesday

10:00-11:30am	Tristan Krohn	Hatha Vinyasa 1-3
12:00-1:15pm	Charles Askenaizer	Gentle Hatha 1-2
6:00-7:30pm	Amber Cook	Vigorous Vinyasa 1-2

## wednesday

10:00-11:30am	Nancy O'Toole	Forrest Yoga 1-3
12:00-1:15pm	Rashidat Boston	InnerG Yoga
4:00-5:30pm	Karma \$8	Basics
6:00-7:30pm	Katie Tuttle	Hatha Vinyasa 1-3
7:45-8:45pm	Mary Kay McCaw	Restorative

## thursday

10:00-11:30am	Catherine Gruschow	Vinyasa 1-2
1:00-2:15pm	Ali Modell	Vinyasa 1-3
4:30-5:30pm	Erin Cowen	Somatic Yoga 1-3
6:00-7:30pm	Amy Sweet	Vigorous Vinyasa 1-2
7:45-8:45pm	Amy Sweet	Gentle Vinyasa 1-2

## friday

10:00-11:30am	Cindy Clendenin	Hatha Vinyasa 1-2
12:00-1:30pm	Sarah Landicho	Vinyasa 2
5:00-6:00pm	Ellen Meloy	Vinyasa & Budokon 1-3
6:30-8:00pm	Katie Tuttle	Restorative

## saturday

8:30-9:30am	Evelyn Rodriguez	Vinyasa 1-2
10:15-11:45am	Dasha Afanassova	Vigorous Vinyasa 1-2
12:00-1:15pm	COMMUNITY	Basics/Intro

## sunday

9:00-10:45am	Lani Granum	Bhakti Vinyasa
11:45-1:00pm	Marjorie Fradin	Somatic Yoga 1-3
1:30-3:00pm	Kelly Sites	Vinyasa 1-2
4:00-5:30pm	Kathie Howe	Level 1
6:00-7:30pm	Stephanie Goehring	Vinyasa 1-2

# moksha

YOGA CENTER



## 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	\$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.

Photo of Erin Cowan in Padmasana by Rose Yuen