

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|------------------------------|---|------------------------------|---|-------------------------------|-----------------------------|-------------------------------|
| 6am | | | | | | | |
| 7am | | | | | | | |
| 8am | | Ashtanga (ASP) | | Ashtanga (ASP) | | | |
| 9am | | 8:45- 10:15 | | 8:45- 10:15 | | Ashtanga 9:00 - 10:30 | Hatha Yoga 9:00 - 10:30 |
| 10am | | | | | | | |
| 11am | | | | | | | |
| 12 | Ashtanga 12:30 - 13:30 | | Ashtanga 12:30 - 13:30 | | Hatha Yoga 12:30- 13:30 | | |
| 1pm | | | | | | | |
| 2pm | | | | | | | |
| 3pm | | | | | | | |
| 4pm | | | | | | | |
| 5pm | Ashtanga 17:20 - 18:20 | Power Yoga 17:30 - 18:50 | Ashtanga 17:20 - 18:20 | Power Yoga 17:30 - 18:50 | Ashtanga 17:30- 19:00 | | Ashtanga 16:30- 18:00 |
| 6pm | Ashtanga 18:30- 20:00 | Course 19:00 - 20:45 (must be booked) | Ashtanga 18:30- 20:00 | Course 19:00 - 20:45 (must be booked) | | | |
| 7pm | | | | | | | |
| 8pm | | | | | | | |

m o k s h a

On Public Holidays there will be only one class from 9am – 10.30am

Non-members – R 75 per class

Non-member unlimited options: 1 month unlimited classes: R650

3 months unlimited classes: R1600

6 months unlimited classes: R3000

12 months unlimited classes: R5000

Membership:

Membership and monthly unlimited class are available on debit order for R420 per month. Conditions apply.

Benefits of being a member:

Cheaper class prices.

Discounts on Sale items.

Invites to retreats.

Preferential pricing and bookings for courses and workshops.

10% discount from Float at Cape Town MediSpa

10% discount at the Gardens health store; Health for Life.

10% discount at the Gardens Stationers.

Cash back vouchers from Wordsworth books, Gardens Centre.

Newsletters

Free Femme Financial Review for female members (value R600)

10% discount to all card holders at Vintage India Restaurant, Gardens Centre

Mat and Towel rentals : R5 per class

Private classes:

One to one or groups for one-and-a-half-hours at selected hotels, in the Moksha studio or at homes/halls.

R300 for members, R400 for non-members - excluding transport costs.

Courses:

We offer beginner courses covering philosophy, asanas (postures), pranayama (breathing), bhandas (locks) and meditation.

We also offer intermediate courses suitable for those who have completed a beginners course, or who are familiar with the primary series and have developed a regular practice and wish to deepen this.

Our various other courses offered cover topics such as Pranayama, Meditation and the Second Series.

Ashtanga:

An aerobic, muscle-shaping, mind-sculpting, physically demanding workout. Students move through a series, moving from one posture to another to build strength, flexibility, and stamina. Often appeals to athletes and those who enjoy high-energy exercise. Students are introduced to the fundamentals of posture and breath.

Assisted Self Practice (ASP):

Traditional self practice class which allows the individual to develop at their own pace, with teacher assistance.

Hatha Yoga and Open Yoga (all levels):

Emphasis on specific areas of the body as well as other yoga traditions. All levels welcome.

Power:

A dynamic flowing and meditative practice that brings a focus on breath together with a sequence of traditional postures (asana) and movement (vinyasa).