

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am			Assisted Self-Practice				
8am			6.30am – 9am				
9am		Ashtanga		Ashtanga			Hatha Yoga
10am		8.45am – 10.15am		8.45am – 10.15am			9am - 10:30am (all levels)
11am						Open	
12						10am – 11.30am (all levels)	
1pm	Ashtanga 12.30pm – 1.30pm		Hatha Yoga 12.30pm – 1.30pm		Ashtanga 12.30pm – 1.30pm		
2pm							
3pm							
4pm							
5pm							
6pm	Ashtanga 5.20pm – 6.20pm	Ashtanga 5.30pm – 6.50pm	Ashtanga 5.20pm – 6.20pm	Ashtanga 5.30pm – 6.50pm	Ashtanga 5pm – 6.30pm		
7pm	Ashtanga 6.30pm – 8.00pm	Course Time 7.00pm – 8.45pm (must be booked)	Ashtanga 6.30pm – 8.00pm	Power 7pm – 8.30pm			
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 classes 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.
- 15% discount at Sumptuous in Bakoven.
- Cash back vouchers from Wordsworth books, Gardens Centre.
- Newsletters
- Free Femme Financial Review for female members (value R600)

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. R350 for members, R450 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.

Hatha Yoga and Open Yoga (all levels):

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

Assisted Self Practice:

Traditional self practice class which allows the individual to develop at their own pace, with teacher assistance – class can be begun and ended at any time.

Power:

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