

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am			Dawn Detox Yoga 6.30 - 7.30				
8am							
9am		Ashtanga ASP 8:45 - 10:15		Ashtanga ASP 8:45 - 10:15		Ashtanga 9:00 - 10:30	Yoga Flow 9:00 - 10:30
10am							
11am							
12							
1pm	Ashtanga 12:30 - 13:30	Subtle Yoga 12:30 - 13:30 (Suitable for Pre & Post Natal)	Ashtanga 12:30 - 13:30	Subtle Yoga 12:30 - 13:30 (Suitable for Pre & Post Natal)	Hatha Yoga 12:30 - 13:30		
2pm							
3pm							
4pm							
5pm	Ashtanga 17:20 - 18:20		Ashtanga 17:20 - 18:20		Ashtanga 17:30 - 19:00		
6pm		Power Yoga 17:30 - 18:50		Power Yoga 17:30 - 18:50			
7pm	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)			
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,

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.

10% discount at Vintage India

Cash back vouchers from Wordsworth books, Gardens Centre.

Newsletters

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 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 (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).

Dawn Detox Yoga:

A combination of specific asanas aimed at strengthening the digestive system, realigning the spine and eliminating energy blockages in the abdominal area. Emphasis is on revitalizing the colon and freeing the body from congestion.

Subtle Yoga:

A soothing class that includes gentle stretching, joint opening asanas and various breathing techniques. This class will help to rebalance the internal body. Suitable for pre and post natal practitioners.

Yoga Flow:

An energetic flow of asanas helping to induce a healthy, vigorous and active life. Tone and strengthen the physical, declutter the mental and balance the emotional bodies.

the freedom of yoga