

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