

moksha yoga burlington

Moksha Yoga Burlington offers classes in a variety of styles of yoga suitable for both the beginner and experienced yogi alike, practiced in a heated room.

Moksha Yoga is a series of traditional postures that strengthen, tone, and stretch the muscles, while calming the mind and reducing stress.

We also offer classes in Ashtanga, Hatha, Meditation, Power Flow, Restorative, Healing, and Yin yoga. Each class is designed to stimulate the mind, the body, and one's overall energy in a different way.

Moksha Yoga Burlington

676 Appleby Line, Unit E105
Burlington, ON
905.631.9595

www.mokshayogaburlington.com

class fees	regular	degroote discount
intro month	\$40	\$40
drop in	\$19	\$15.20
5 class card	\$84	\$67.20
10 class card	\$150	\$120
20 class card	\$270	\$216
40 class card	\$500	\$400
1 month unlimited	\$160	\$128
1 year unlimited	\$1300	\$1040
1 year interstudio	\$1400	\$1400
monthly auto-renew <small>minimum 4 month contract</small>	\$116	\$92

*passes expire 2 years after purchase

*prices include tax

*prices are subject to change
(sorry no refunds on class passes)

please note

we offer 60, 75 and 90 minute classes

arrive 15 minutes early as **latecomers will not be permitted**

come to class well hydrated

avoid heavy meals two hours before class - you want a fueled body, not a full belly!

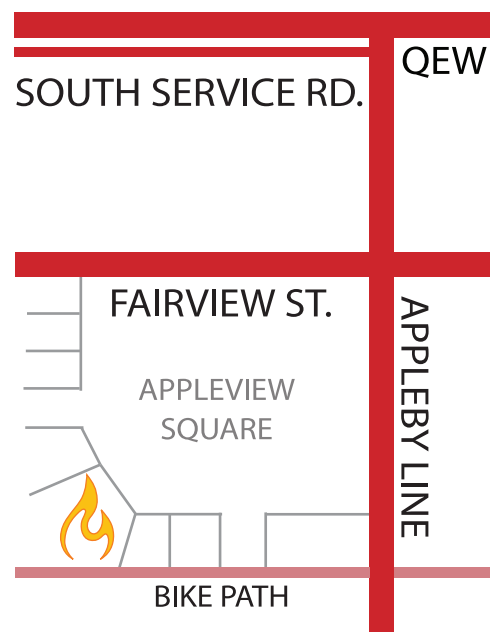
bring a yoga mat, towel, and water bottle (all available for purchase or rental at the studio)

we do not sell bottled water, but filtered water is available throughout the studio

glass bottles are not permitted in the studio

there is plenty of **free parking**

the studio is an 8 minute walk from Appleby GO Station.



There will always be a class to meet your needs. For full class schedule and class descriptions, please visit our website or call us directly.