

calm mind. fit body. inspired life.



I am an inner-city school teacher, & it can get a little hectic at times. When the bell rings at the end of the day, I can hardly wait to make my way to the studio for the 4 o'clock class; 60 minutes of peace and refuge. I look forward to the work out. My practice allows me to embark on my evenings with peace of mind and clarity. It is also a great means of keeping in shape.

Moksha Classes

I love your classes

I love your staff

I love the way it makes me feel

I love it even better when there's music

I love when I do hot flow and jump into the cold, the total rush as I scurry home

I can't wait to do it again tomorrow :)

-Buneeta

moksha yoga.