

calm mind. fit body. inspired life.



When I heard that Moksha Yoga Winnipeg [MYW] was opening in, I started a count down. 24 years ago I attended the very first Aerobics class at Bodyworks in the same building. What a rush it was for me to be able to be at the opening of MYW feeling no older than I had 24 years prior in the same room.

I became instantly hooked. Not only are the classes an incredible workout, but I saw changes in my body and my day to day outlook on life. I have always maintained a very fit lifestyle. I power walk, cycle, weight train, do indoor cycle classes but the most crucial part of my day to day active lifestyle is practicing Yoga. I have learned to love and appreciate all yoga practices.

I just want to thank the entire staff, & community at the studio for your warm welcomes every time we enter or leave the studio. The success of this place is very much due to the people that work here. You can always count on a smile and encouragement when you walk in. There's this feeling of positive energy that you get infused with when you walk into the building. It starts from the owners, and goes into the manager, the energy exchangers, the instructors, the clientele and into the heat and back again through the cycle. I'm so happy to be part of this!!!!

moksha changed me.