



TOPANGA WEEKEND REVIVAL 2021

Vinyasa & the Quest for Stable Mobility ***with Schuyler Grant & Matt Phippen*** **October 15 - 17th**

THE CLASSES:

Join Schuyler Grant and Matt Phippen for a challenging, informative and playful yogic exploration in beautiful Topanga Canyon. This weekend we bridge the gap between intelligent alignment-based Vinyasa and mobility. Matt will offer techniques to improve your range of motion, and Schuyler will add her Kula Spice to the mix. We will also sneak in an epic hike on Saturday afternoon (2 miles or 6 - choose your own adventure). Or opt to hot tub, sauna and hammock instead.

(All levels are welcome, but a regular yoga practice is strongly recommended. We expect all participants to be vaccinated or receive a neg test within 2 days of retreat start date.)

CLASS SCHEDULE:

(Arrive any time after 2pm – try to come early so you can miss traffic & hit a hammock!)

FRI 5-7pm - Vinyasa Class (Schuyler)

SAT 8:30-11am - Mobility Workshop (Matt)

SAT 4-6pm - Vinyasa Class (Schuyler)

SUN 8:30-10:30am - Mobility/Vinyasa Mashup (Matt)

(Depart after brunch or pack your bags and stay in the Canyon all day - Topanga is full of epic hikes and cool little local shops and the beach is just 20 minutes away!)



OUR PLAYGROUND:

At the end of the end of the end of a road, perched atop a remote valley of the Santa Monica mountains, sits Topanga Commune: 10 acres of meandering paths, oak trees, palms and gardens abutting state land. You won't believe you are less than an hour from the heart of LA.

The property has a main house, a guest house, 4 tea house private rooms, 3 sweet A-Frame cabins and room for camping. Lodging options range from a large master bedroom with a massive private bath to affordable (but still super dope) shared accommodations. Sleep on organic mattresses and linens, and enjoy the bounty of LA's best local farmers for every home cooked meal. The property has a sauna, hot tub, plunge pool, basketball, badminton and a plethora of hammocks

Songwriter Neil Young lived on this property for many years and was deeply inspired by this magical spot. If there is anywhere in the world to find "a heart of gold," it may be here. *I want to live, I want to give. I've been a miner for a heart of gold. It's these expressions I never give that keep me searching for a heart of gold.*



PRICING (register by September 20th and receive \$100 off any lodging option):

La Casa Master
(1 king bed + hideaway)
shared: \$1050 pp
solo: \$1800

La Casa Double
up to 2 people: \$950 pp

La Casa Triple Room
up to 3 people: \$850 pp

Ladies Loft Suite
up to 6 ladies: \$750 pp

La Casita Suite
(1 king bedroom
+ two singles in LR)
2 singles: \$750 pp
king shared: \$950 pp
king solo: \$1300

Tea House Single
\$1050 pp

Glamping Cabin
2 people: \$750 pp
1 person: \$1050

Camping / Day Students
\$600

QUESTIONS:

Email schuyler@kulayoga.com

