



TOPANGA WEEKEND REVIVAL *Vinyasa & the Quest for Stable Mobility* **with Schuyler Grant & Matt Phippen** **March 18- 20th**

Join Schuyler Grant and Matt Phippen for a challenging, informative and playful yogic exploration in beautiful Topanga Canyon. (Spring is particularly glorious in the Canyon.) Over a long 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. Afternoons you might opt for an epic hike in the Santa Monica Mountains (2 miles or 6 - choose your own adventure) or check out the sweet local vibe of Topanga village. Or don't go anywhere and sauna, hot tub and lounge in a hammock on property instead. *(All levels are welcome, but a regular yoga practice is strongly recommended. We expect all participants to be vaccinated or receive a negative test within 2 days of retreat start date.)*

CLASS SCHEDULE:

(Arrive any time after 11:30pm on Friday... lunch will be served at 12:30 and you are then free to lounge, hike, or find a quiet spot to wrap up your work week until class.)

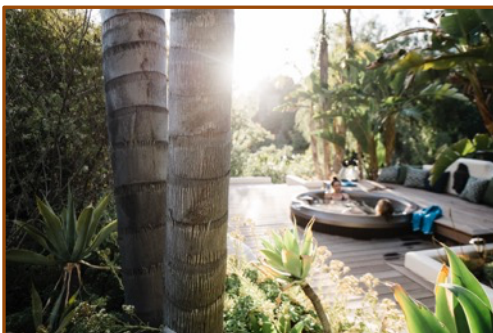
FRI 5-7pm – Kula Flow Class + Pranayama (Schuyler)

SAT 9-11am - Mobility Workshop (Matt)

SAT 4-6pm - Honey Flow Class + Pranayama (Schuyler)

SUN 9-11:30am - 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.*

(Inquire if you are interested in staying additional nights at Commune Topanga a la carte.)

PRICING: (register by February 20th and receive \$50 off any lodging option)

La Casa Master Suite (1 king bed + hideaway – private master bath): *\$1100 shared / \$1850 solo*

La Casa Double & Triple Rooms (2 & 3 twin beds – two rooms share full bath): *\$900*

La Casa Ladies Loft Lounge (6 twin beds – library and full bath): *\$750*

La Casita Double (2 twin beds – share full bath w. king room): *\$900*

La Casita King Bedroom (1 king bed – share full bath w. double): *\$900 shared / \$1350 solo*

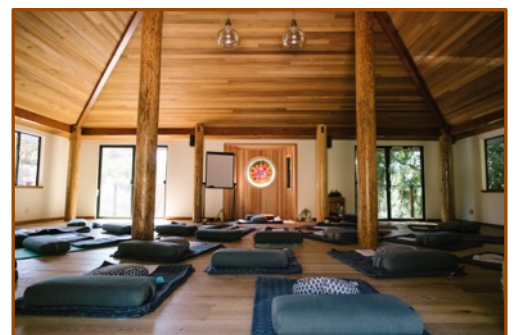
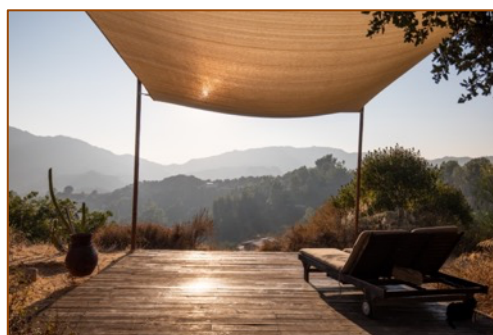
Tea House Singles (twin bed - share full bath): *\$1050*

A-Frame Cabins (2 twin beds – outdoor bathhouse - glamping option): *\$750 shared / \$1400 solo*

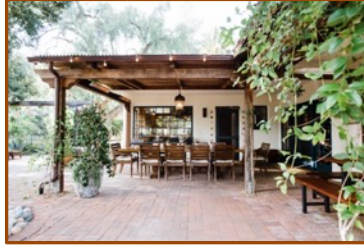
Camping / Commuters (outdoor bathhouse): *\$600*

(Pricing is per person and includes all classes, meals, full property access, taxes and tips)

QUESTIONS: schuyler@kulayoga.com



LODGING OPTIONS



La Casa



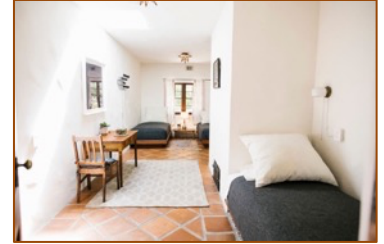
La Casa Master Bedroom



La Casa Master Bath



La Casa Double



La Casa Triple Room



Ladies Lounge Loft Room



Ladies Lounge Bathroom



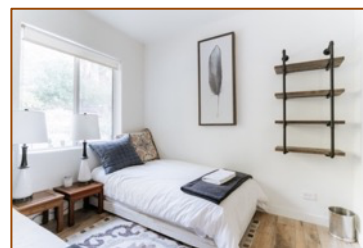
Ladies Lounge Closet



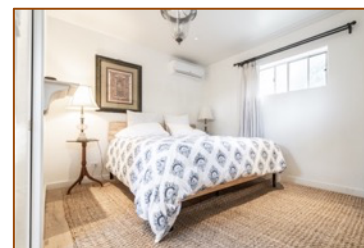
Ladies Lounge Library



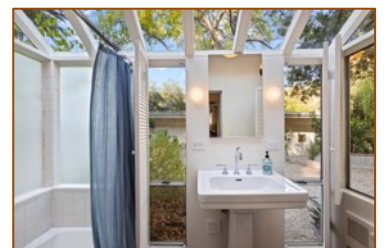
La Casita



La Casita Double Room



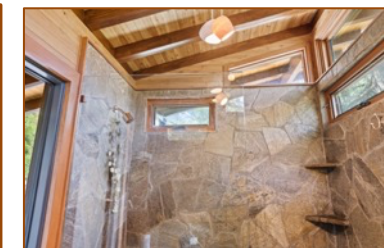
La Casita King Bedroom



La Casita Bathroom



Tea House Singles



A-Frame Cabins

