



KULA in the CANYON with Schuyler Grant & Nikki Vilella **March 10-12th**

Join Schuyler Grant (Kula's erstwhile mama) and Nikki Vilella (Kula's die-hard coparent) for a long weekend of hard work and deep rejuvenation.

The first time Nikki and Schuyler teamed up West Coast style, the world went into lockdown. (Nikki flew home a day early in case flights were grounded across the US.) Almost three years later, we will revel in relative normalcy in the utterly paranormal beauty of Topanga Canyon.

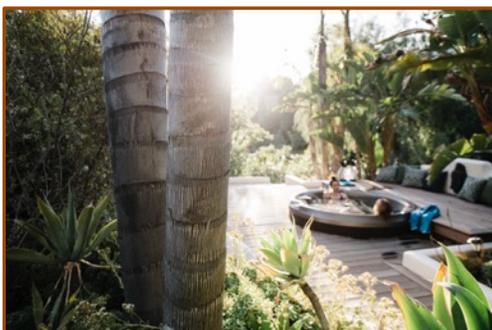
We will go all in Kula style: creative alignment-based flow, breath and bandha work, and lots of juicy hands on assists. Whether you are nostalgic for old school Kula or newer to the Kula game, this (re)union weekend will be potent yoga medicine – and a Kula style good time.

Commune Topanga is perched atop a remote valley of the Santa Monica mountains. It is a lush 10 acre oasis of meandering paths, oak trees, palms and gardens. (You won't believe you are less than an hour from the heart of LA—and LAX.)

AM classes are 2.5hr rigorous classic Kula Flow. Late afternoons we sweeten things up with two hours of Honey Flow, served with a dollop of pranayama and meditation. If you are called to leave the property in between classes—there are gorgeous hiking trails nearby, the Pacific Ocean is only 20 minutes away and the tiny hamlet of Topanga abounds with local artisan's small shops.

Lodging options range from a large master bedroom with a massive private bath to affordable (but still super sweet) shared accommodations. Enjoy the bounty of LA's best local farmers for every home cooked meal and sleep the sleep like a newborn babe on organic mattresses and linens. The property has a hot tub, sauna, cold plunge, resistance lap pool and a plethora of hammocks. We expect to see you in one.

(All levels are welcome, but a regular yoga practice is strongly recommended.)





Please arrive between 3:30-4pm on Friday. Sunday, we wrap it up after brunch, but you are welcome to linger for the afternoon to enjoy a last sauna or hike.

CLASS & MEAL SCHEDULE:

FRIDAY:

- 4:30-6:30 Honey Flow Class
- 7:00 Dinner

SATURDAY:

- 7:30 Light Breakfast
- 8:30-11 Kula Flow Class
- 11:30 Brunch
- 4:30-6:30 Honey Flow Class
- 7:00 Dinner

SUNDAY:

- 7:30 Light Breakfast
- 8:30-11 Kula Flow Class
- 11:30 Brunch

PRICING: \$600 - \$1950

register by February 1st and receive \$50 off any lodging option

La Casa Master Suite (1 king bed + hideaway – private master bath): *\$1200 shared / \$1950 solo*

La Casa Double & Triple Rooms (2 & 3 twin beds – two rooms share full bath): *\$950*

La Casita Double (2 twin beds – shared full bath): *\$950*

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

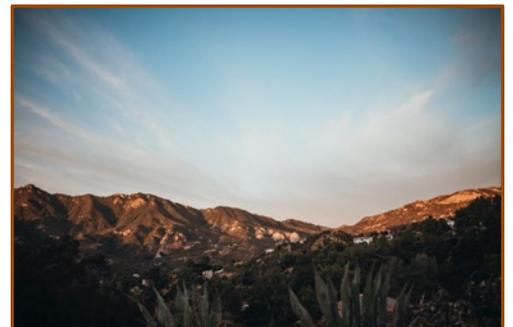
A-Frame Cabins (2 twin beds – outdoor bathhouse - glamping option): *\$950 shared / \$1600 solo*

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

- *Pricing is per person and includes all classes, meals, full property access, taxes and tips)*
- *Commune Topanga is located 45 minutes from LAX, and 30-60 minute from pretty much anywhere else in LA*
- *If you are interested in extending your stay in Topanga before or after the retreat, please inquire*
- *Vaccination (or medical exemption) required for attendance*

QUESTIONS: schuyler@kulayoga.com

TO REGISTER: kulayoga.com/retreats



LODGING OPTIONS



La Casa



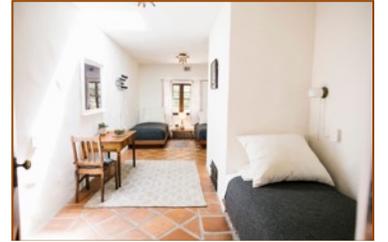
La Casa Master Bedroom



La Casa Master Bath



La Casa Double



La Casa Triple Room



La Casita



La Casita Double Room



La Casita King Bedroom



La Casita Bathroom



Tea House Singles



A-Frame Cabins

