

KULA in the CANYON

with Schuyler Grant & Nikki Vilella
March 8 - 10th 2024

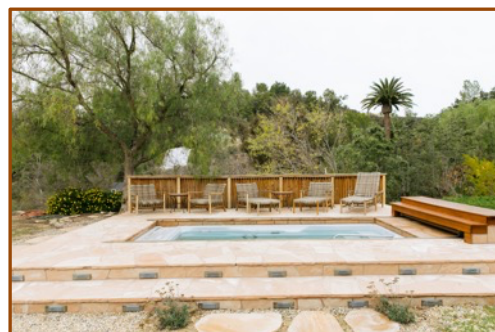
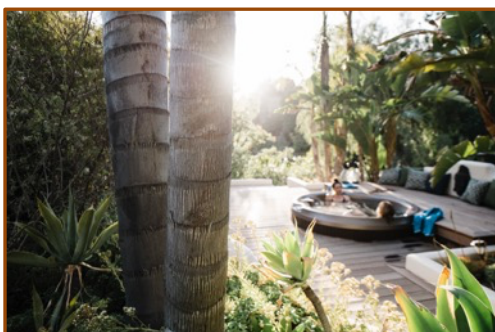
Early spring is the perfect time to shake off the dust and go all in Kula style: Creative alignment-based flow, breath and bandha work, and lots of juicy hands-on assists. Join Schuyler Grant (Kula's Left coast mama) and Nikki Vilella (Kula's die hard co-parent) for a long weekend of hard work and deep rejuvenation.

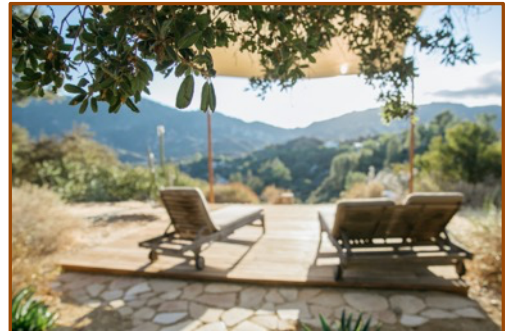
Morning classes will be a 2.5hr rigorous classic Kula Flow. Late afternoons we will sweeten things up with two hours of Honey Flow, served with a dollop of pranayama and meditation. In between classes we will hike and hop between sauna, cold plunge, hot tub and hammock. Chef Ali will revive us with the bounty of LA's best local farmers. And evenings we will cozy up in front of the fire with wine or tea (or...?)

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.). Lodging options range from a large master bedroom with a massive private bath to affordable (but still super sweet) shared accommodations. 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.

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





Please arrive between 2:30-3:30 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:

- Light breakfast
- 8:30-11 Kula Flow class
- 11:15 Brunch
- 4:30-6:30 Honey Flow class
- 7:00 Dinner

SUNDAY:

- Light breakfast
- 8:30-11 Kula Flow class
- 11:15 Brunch

PRICING: \$600 - \$1950 (register by January 15th for \$50 off any lodging option)

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

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

La Casa Ladies Loft Lounge (6 twin beds – library and full bath): *\$800*

La Casita Double (2 twin beds – two rooms share full bath) *\$950*

Tea House Singles (twin bed – shared bathhouse): *\$1050*

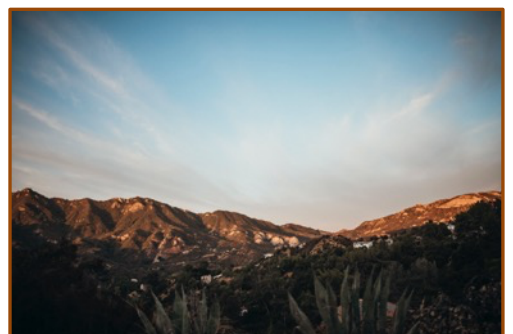
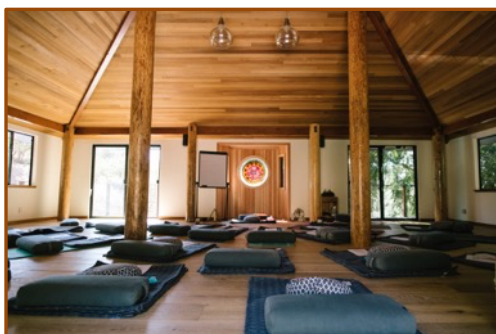
A-Frame Cabins (2 twin beds – shared bathhouse): *\$950 shared / \$1600 solo*

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

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

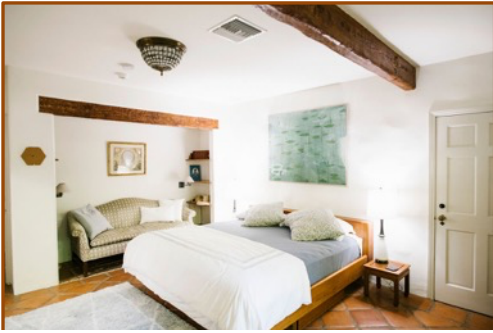
QUESTIONS: schuyler@kulayoga.com

TO REGISTER: kulayoga.com/retreats





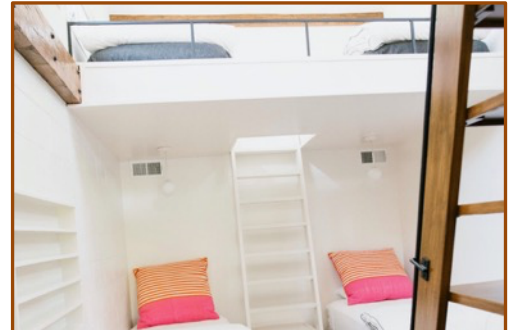
La Casa



La Casa Master Suite



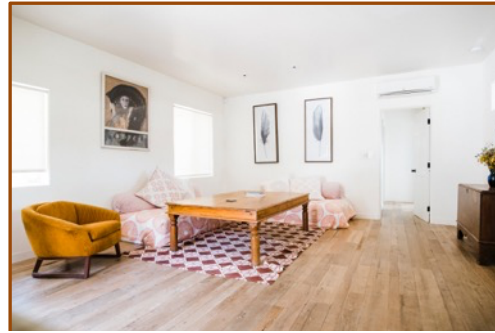
La Casa Double Room



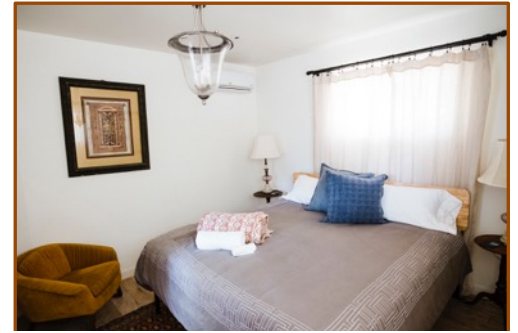
Ladies Loft Lounge



La Casita



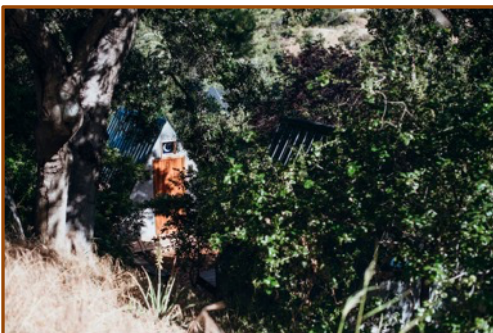
La Casita Living Room



La Casita King Bedroom



Tea House Singles



A-Frame Cabins

