



## SUMMER CANYON ESCAPE

### *Vinyasa & the Quest for Stable Mobility* with Schuyler Grant & Matt Phippen June 16- 18<sup>th</sup>

It's high time that we bring on the summer vibes! And there's no better way than a yogic escapade in Topanga Canyon with Matt and Schuyler. Over this long weekend, we bridge the gap between intelligent alignment-based Vinyasa and mobility training. Matt will offer techniques to improve your range of motion, and Schuyler will add her Kula spice to the mix.

We feast on local delights and glory in the epic beauty of the canyon. Don't be overwhelmed by the afternoon options: You can hack your metabolism with some sauna / cold plunge contrast bathing, strike out to hike the nearby Santa Monica Mountains, check out the sweet local vibe of Topanga village, or hit the lap pool deck semi clad - and do something about that winter pallor!

These weekends always prove to be challenging, informative and playful - with a glass of wine in the hot tub after dinner to soothe your weary bones.  
*(All levels are welcome, but a regular yoga practice is strongly recommended.)*

#### **CLASS SCHEDULE:**

*(Arrive any time between 1 and 4pm on Friday. Those that arrive early are free to lounge, hike, or find a quiet spot to wrap up your work week. Lodging may be available Thurs & Sun nights - inquire if interested.)*

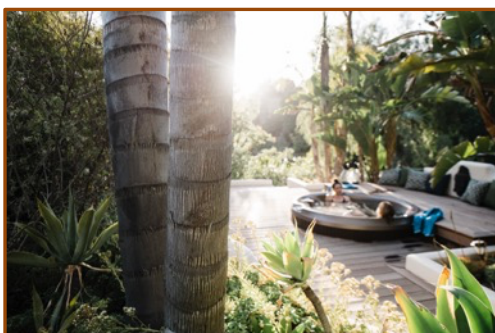
FRI 4:30-6:30pm - Kula Flow Class (Schuyler)

SAT 9-11am - Mobility Workshop (Matt)

SAT 4-6pm - Kula Flow Class (Schuyler)

SUN 9-11:30am - Mobility/Flow Mashup (Matt)

*(Depart after brunch or store your bags and stick around to explore Topanga or Malibu all day!)*





## 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 May 15<sup>th</sup> and receive \$50 off any lodging option)

La Casa Master Suite (1 king bed + hideaway – private master bath): \$1150 (pp – double occ)

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 Doubles (2 twin beds – share full bath): \$950

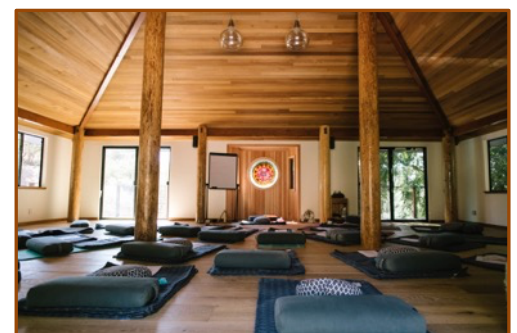
Tea House Singles (twin bed - share full bath): \$1050

A-Frame Cabins (2 twin beds – outdoor bathhouse - glamping option): \$950 shared / \$1500 solo

Camping / Commuters (outdoor bathhouse): \$600

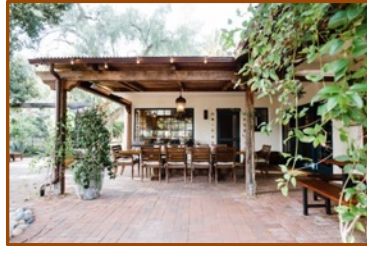
*(Pricing is per person and includes all classes, meals, full property access, and taxes – but does not include tips)*

**QUESTIONS:** [schuyler@kulayoga.com](mailto:schuyler@kulayoga.com)    **TO REGISTER:** [retreats page at kulayoga.com](#)





# LODGING OPTIONS



La Casa



La Casa Master Bedroom



La Casa Master Bath



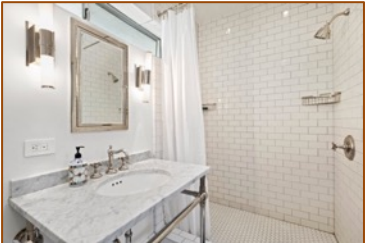
La Casa Double Room



La Casa Triple Room



Ladies Lounge Loft Room



Ladies Lounge Bathroom



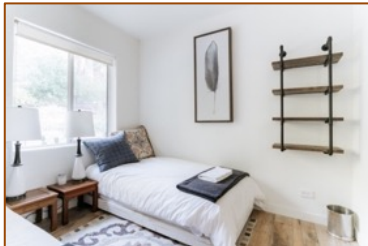
Ladies Lounge Closet



Ladies Lounge Library



La Casita



La Casita Double Room I



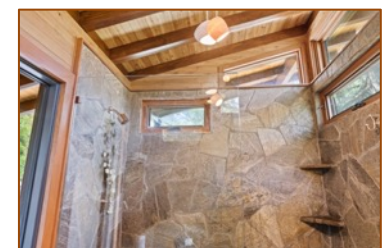
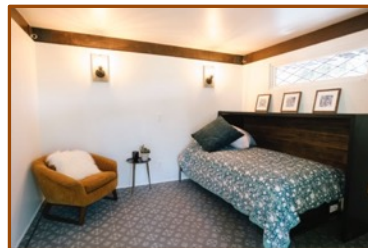
La Casita Double Room II



La Casita Bathroom



Tea House Singles



A-Frame Cabins

