


Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
	♥-Stream Online Only ♣-Stream & On Location *-On Location Only		Apr 30 <b>6-7pm-Intermediate-Karen ♣</b> <b>7:30-8:30pm-Chair -Krissy*</b>	May 1 <b>9:30-10:30am-All Level- Lisa ♥</b> <b>6-7:15pm-Slow Flow Krissy*</b> <b>7:30-8:30pm Rest &amp; Restore with Karen</b>	2 <b>10-11am- Chair Yoga-Denise*</b>	3 <b>9:30-10:30am-All Level- Jill ♥</b> <b>Crystal Singing Bowl Sound Healing 6-7pm</b>
4 <b>9-10:15am-Vinyasa Flow- Krissy ♣</b> <b>7:30-8:30pm-Yoga Nidra for Rest- Krissy ♥</b>	5 <b>6-7pm- All Levels-Denise- ♣</b>	6 <b>9:30-10:30am-All Level- Denise ♥</b> <b>6-7:15pm-Slow Flow-Krissy*</b>	7 <b>6-7pm-Intermediate-Karen ♣</b> <b>7:30-8:30pm-Chair -Krissy*</b>	8 <b>9:30-10:30am-All Level- Lisa ♥</b> <b>6-7:15pm-Slow Flow- Krissy*</b>	9 <b>10-11am- Chair Yoga-Lisa*</b>	10 <b>9:30-10:30am-All Level- Jill ♥</b>
11 <b>Happy Mother's Day!!</b>	12 <b>6-7pm- All Levels-Karen- ♣</b>	13 <b>9:30-10:30am-All Level-Jill ♥</b> <b>6-7:15pm-Slow Flow Krissy*</b>	14 <b>6-7pm-Intermediate-Krissy- ♣</b> <b>7:30-8:30pm-Chair -Krissy*</b>	15 <b>9:30-10:30am-All Level- Karen ♥</b> <b>6-7:15pm-Slow Flow Krissy*</b>	16 <b>10-11am- Chair Yoga-Lisa*</b>	17 <b>9:30-10:30am-All Level- Wendy ♥</b>
18 <b>9-10:15am-Vinyasa Flow- Krissy ♣</b>	19 <b>6-7pm- All Levels-Karen- ♣</b>	20 <b>9:30-10:30am-All Level-Lisa ♥</b> <b>6-7:15pm-Slow Flow Krissy*</b>	21 <b>6-7pm-Intermediate-Karen- ♣</b> <b>7:30-8:30pm-Chair -Krissy*</b>	22 <b>9:30-10:30am-All Level- Lisa ♥</b> <b>6-7:15pm-Slow Flow Krissy*</b>	23 <b>10-11am- Chair Yoga-Lisa*</b>	24 <b>9:30-10:30am-All Level-Jill ♥</b>
25 <b>9-10:15am-Vinyasa Flow- Krissy ♣</b>	26 <b>Happy Memorial Day!</b> <b>6-7pm- All Levels-Karen- ♣</b>	27 <b>9:30-10:30am-All Level-Lisa ♥</b> <b>6-7:15pm-Slow Flow Krissy*</b>	28 <b>6-7pm-Intermediate-Karen- ♣</b> <b>7:30-8:30pm-Chair -Krissy*</b>	29 <b>9:30-10:30am-All Level- Lisa ♥</b> <b>6-7:15pm-Slow Flow Krissy*</b>	30 <b>10-11am- Chair Yoga-Lisa*</b>	31 <b>9:30-10:30am-All Level-Jill ♥</b>

**Stream Online**-Zoom Link will be emailed to you when you book the virtual class on the website  
**Kula:** 107 N. Chestnut St. Bath, PA 18014 Suite 8- park in lot, on street or behind S. Seems Antique Store

Register on our Website- [www.kulaheart yogaandwellness.com](http://www.kulaheart yogaandwellness.com) or Fit by Wix App. \$12 streamed online, \$20 in person  
 Props if you have: yoga mat, block(s), strap, water  
**Events** and **Class Series** are not included in monthly subscriptions but may be discounted to members.  
**Special Class** included in subscription. **Training** listed under Classes person specific educational program.