Weekly Class Schedule

kula heart YOGA & WELLNESS LLC

IN STUDIO- $20, subscriptions and packages available

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10-11am Chair Yoga Krissy	8-9am Vinyasa Lauren
	6-7pm Gentle Yoga Jen	6-7pm Slow Flow Krissy	6-7pm Intermediate Lauren	6-7:15pm Slow Flow- Beginners Krissy		
		7:30-8:30pm Chair Yoga Krissy	**7:30-8:30pm Yoga Sculpt Lauren**			

Streamed Live Online via Zoom- $15, subscriptions and packages available

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30-10:30am All Levels Lisa		9:30-10:30am All Levels Lisa	10-11am Chair Yoga Krissy	8-9am Vinyasa Lauren
						9:30-10:30am All Levels Jill
	6-7pm Gentle Jen		6-7pm Intermediate Lauren			

NOVEMBER 2026 REMINDERS:

Training:

Sat. 7 and Sun. 8th, **Table Thai Level 2**- 9am-5pm with Amanda Neidlinger- No In Person Yoga

Sun. 15th, **Effective Techniques for the Rotator Cuff**-10-4pm with Ed Portley- No In Person Yoga

Events:

Sunday, 22nd **Yoga for the Holidays & Essential Oil Spray** 1-3:30pm with Jen Rehill

Sat. Dec. 20 3-4pm with Moe Jerant **GONG SOUND BATH AT UCC** register on Kula website

No Classes Thanksgiving

Register for all Classes, Training and Events on the Kula Heart Website, all are subject to change.

SPECIAL YOGA SERIES: NOVEMBER 9- DECEMBER 14

6 MONDAYS from 9:30-10:30 AM

LOCATION: 109 S. Chestnut St Bath, Fellowship Hall in the UCC Church

STYLE: Gentle All Levels Yoga with Lauren Schaller

FEE: $10 drop in, All 6 Classes One Package $50- Pay online or CASH at Door

www.kulaheartyogaandwellness.com

107 N. Chestnut St. Bath, PA 18014 * 610-746-5852