

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
Oct. 1 9-10:15am- Vinyasa Flow- Jen*Kula	2 6-7pm- Beginner- Karen-♣Kula 7:15-8:15pm- Rest & Restore- Karen Kula	3 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow w/Yin & Meditation Wendy*Wolf	4 6-7pm- Intermediate- Denise-♣Wolf 7:30-8:30pm- Chair - Denise*Wolf	5 9:30-10:30am- All Level- Lisa♥	6 8-9am- All Level-Karen *Kula	7 9:45- 10:45am-All Level- Jill ♥
8 9-10:15am- Vinyasa Flow- Jen*Kula	9 6-7pm- Beginner- Karen-♣Kula	10 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow w/Yin & Meditation Wendy*Wolf	11 6-7pm- Intermediate- Denise-♣Wolf 7:30-8:30pm- Chair - Denise*Wolf	12 9:30-10:30am- All Level- Lisa♥	13 8-9am- All Level-Karen *Kula	14 9:45-10:45am- All Level- Jill ♥ Nature Walk & Yoga 10-11am Graver Arboretum w/Lisa
15 9-10:15am- Vinyasa Flow- Jen*Kula 1-2:30pm Restorative Yoga with Krissy *Wolf	16 6-7pm- Beginner- Karen-♣Kula	17 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow w/Yin & Meditation Wendy*Wolf	18 6-7pm- Intermediate- Denise-♣Wolf 7:30-8:30pm- Chair - Denise*Wolf	19 9:30-10:30am- All Level- Lisa♥	20 8-9am- All Level-Karen *Kula	21 9:45- 10:45am-All Level- Wendy♥
22 7-7:30am- Breathwork Meditation Krissy♥ 9-10:15am- Vinyasa Flow- Jen*Kula	23 6-7pm- Beginner- Karen-♣Kula	24 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow w/Yin & Meditation Wendy*Wolf	25 6-7pm- Intermediate- Wendy -♣Wolf	26 9:30-10:30am- All Level- Lisa♥ 7-7:30pm- Breathwork Meditation Krissy♥	27 8-9am- All Level-Karen *Kula	28 9:45- 10:45am-All Level- Jill ♥
29 7-7:30am- Breathwork Meditation Krissy♥ 9-10:15am- Vinyasa Flow- Jen*Kula	30 6-7pm- Beginner- Karen-♣Kula	31 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow w/Yin & Meditation Wendy*Wolf	Nov.1 6-7pm- Intermediate- Denise-♣Wolf 7:30-8:30pm- Chair - Denise*Wolf	2 9:30-10:30am- All Level- Lisa♥ 7-7:30pm- Breathwork Meditation Krissy♥	3 8-9am- All Level-Karen *Kula	♥-Stream Online Only ♣-Stream & On Location *-On Location Only

\$12 virtual, \$20 in person. Pre-payment required via website or app Fit by WIX, subscriptions available too.

Prices as of 9/1/23

**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

**Wolf** Governor Wolf Historical Site, 6600 Jacksonville Rd. Bath, PA 18014

Register on our Website- [www.kulaheartyyogaandwellness.com](http://www.kulaheartyyogaandwellness.com) or Download the Wix App/ Search for Kula Heart

Remember props if needed: yoga mat, block(s), strap, water ~Events and Series are not included in monthly subscriptions.