

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri.	Saturday
	29	30	31	1	2	3
Flip Over For Bodywork Services And Prices	6-7pm- Hatha Flow- Denise-♣Kula	9:30-10:30am- GentleYoga- Danielle♥	9:30-10:30am- Beginner- Danielle-♣Kula 6-7pm-Beginner- Denise-♣WA 7:30-8:30pm Chair Yoga- Denise* WA	9:30-10:30am- GentleYoga- Danielle♥		Closed
4	5	6	7	8	9	10
Closed	Happy Labor Day! Closed	9:30-10:30am- GentleYoga- Lisa♥	6-7pm-Beginner- Denise-♣WA 7:30-8:30pm Chair Yoga- Denise* WA	9:30-10:30am- GentleYoga- Lisa♥		8:30-9:30am Beginner Vinyasa Yoga- Maggie♥ Table Thai Lev.2 Training
11	12	13	14	15	16	17
9-10:15am- Vinyasa Flow- Wendy♥Kula Table Thai Lev.2 Training	6-7pm- Hatha Flow- Wendy- ♣Kula	9:30-10:30am- GentleYoga- Lisa♥	6-7pm-Beginner- Denise-♣WA 7:30-8:30pm Chair Yoga- Denise* WA	9:30-10:30am- GentleYoga- Lisa♥		8:30-9:30am Beginner Vinyasa Yoga- Jen♥ Bath Blues & Brews 1-7pm
18	19	20	21	22	23	24
9-10:15am- Vinyasa Flow- Denise – ♣Kula Mandated Training 12-2	6-7pm- Hatha Flow- Wendy - ♣Kula	9:30-10:30am- GentleYoga- Lisa♥	6-7pm-Beginner- Denise-♣WA 7:30-8:30pm Chair Yoga Denise*WA	9:30-10:30am- GentleYoga- Danielle♥		8:30-9:30am Beginner Vinyasa Yoga-Maggie♥ Bath Farmers' Market 9-12 Yoga at 8 & Henna 9-12
25	26	27	28	29	30	
9-10:15am- Vinyasa Flow- Wendy- ♣Kula Crafts at Kula 1-3pm	6-7pm- Hatha Flow- Wendy - ♣Kula	9:30-10:30am- GentleYoga- Denise♥	6-7pm-Beginner- Denise-♣WA 7:30-8:30pm Chair Yoga- Denise* WA	9:30-10:30am- GentleYoga- Danielle♥		

\$10 virtual, \$15 in person. Pre-payment required via website or WIX for both, subscriptions available too.

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)

WA- Wolf Academy (WA): 6600 Jacksonville Rd. Bath, PA 18014 at Governor Wolf Historical Society

Register on our Website- 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.