



Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
	♡-Stream Online Only ♣-Stream & On Location *-On Location Only	April 1 9:30-10:30am-All Level- Lisa ♡ 6-7:15pm-Slow Flow-Krissy*	2 6-7pm-Intermediate-Karen ♣ 7:30-8:30pm-Chair -Krissy*	3 9:30-10:30am-All Level- Lisa ♡ 6-7:15pm-Slow Flow Krissy*	4 10-11am- Chair Yoga-Lisa*	5 9:30-10:30am-All Level- Jill ♡
6 9-10:15am-Vinyasa Flow- Krissy* 6-7pm Yin Yoga Event-Karen 7:30-8:30pm-Yoga Nidra for Rest-Krissy ♡	7 6-7pm- All Levels-Karen- ♣	8 9:30-10:30am-All Level- Krissy ♡ 6-7:15pm-Slow Flow-Krissy*	9 6-7pm-Intermediate-Karen ♣ 7:30-8:30pm-Chair -Krissy*	10 9:30-10:30am-All Level- Lisa ♡ 6-7:15pm-Slow Flow-Krissy* 7:30-8:30pm Rest & Restore with Karen	11 10-11am- Chair Yoga-Lisa*	12 9:30-10:30am-All Level- Jill ♡ 6-7pm Sound Bath with Kathy
13 9-10:15am-Vinyasa Flow- Krissy*	14 6-7pm- All Levels-Karen- ♣	15 9:30-10:30am-All Level-Lisa ♡ 6-7:15pm-Slow Flow Krissy*	16 6-7pm-Intermediate-Krissy- ♣ 7:30-8:30pm-Chair -Krissy*	17 9:30-10:30am-All Level- Lisa ♡ 6-7:15pm-Slow Flow Krissy*	18 10-11am- Chair Yoga-Lisa*	19 9:30-10:30am-All Level- Jill ♡
Happy Easter! 	21 6-7pm- All Levels-Karen- ♣	22 9:30-10:30am-All Level-Lisa ♡ 6-7:15pm-Slow Flow Krissy*	23 6-7pm-Intermediate-Karen- ♣ 7:30-8:30pm-Chair -Krissy*	24 9:30-10:30am-All Level- Lisa ♡ 6-7:15pm-Slow Flow Krissy*	25 10-11am- Chair Yoga-Lisa*	26 9:30-10:30am-All Level-Jill ♡
27 9-10:15am-Vinyasa Flow- Krissy*	28 6-7pm- All Levels-Karen- ♣	29 9:30-10:30am-All Level-Lisa ♡ 6-7:15pm-Slow Flow Krissy*	30 6-7pm-Intermediate-Karen- ♣ 7:30-8:30pm-Chair -Krissy*	May 1 9:30-10:30am-All Level- Lisa ♡ 6-7:15pm-Slow Flow Krissy*	May 2 10-11am- Chair Yoga-Lisa*	3 9:30-10:30am-All Level-Jill ♡

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 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.