

Kula

YOGA & WELLBEING



YOGA HOLIDAY CHRISTMAS SPECIAL

Bring a friend or loved one to Sardinia & save £500.

You pay £3,000 for 2 people instead of £3,500.

Secure this promo by putting down your £800 deposit this December.
Email community@kulawellbeing.co.uk for more info or visit the website.
Offer ends 31st December 2017.

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ForteVillage
SARDEGNA

The festive season is already upon us! We're all excited for Christmas but even more so for our upcoming yoga holiday taking place in Sardinia next May 2018! For December only, we have a special promo for anyone who wants to join us on this magical retreat.

Promo: Bring a friend, both of you pay just £800 deposit each before 31st December, and save £500!

The wonderful Gerry, Michelle & Marylou will be teaching you a fantastic mix of

yoga classes including Bikram, Vinyasa, & Yin in the beautiful and luxurious 5 star accommodation of [Forte Village](#). For more information you can visit our website [here](#), or if you want further details, do not hesitate to contact us on community@kulawellbeing.co.uk.

You can secure this promo by clicking on this [link](#).



BOOK NOW

THE BEST PRESENT YOU COULD
GIVE SOMEONE THIS CHRISTMAS.



namaste

KULA INTRO OFFER £45 FOR 45 DAYS

OPEN TO ALL LEVELS

EXTRA 15 DAYS TO ENJOY

YOGA & MOVEMENT CLASSES

OFFER ENDS 31ST DEC 2017



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BOOK NOW





FREE BIKRAM WORKSHOP FOR BEGINNERS

Do you want to learn more about Bikram Yoga, enhance your Bikram practice and knowledge as well as benefit from incredible tips and advice on alignment and asanas? Then our Beginners workshop taught by the wonderful Marylou is the perfect opportunity. These workshops take place on the first Sunday of every month! We recommend you book in advance to secure your place in the room!

**SUNDAY 3rd DECEMBER
1.45PM - 3.15PM**

BOOK NOW

DYNAMIC BODY

WITH LETITIA WILKINSON

WORKSHOP

SAT 27TH JAN
2-4PM
£25

EXPLORE FORM
EXPAND FUNCTION



YES! You've heard it here first! We bring you the incredible Dynamic Body Workshop coming up in January 2018. Taught by your very own Letitia Wilkinson, get ready for this fantastic opportunity to learn more about alignment in postures and further your understanding of building both strength and flexibility.

[BOOK NOW](#)

🌀 WELLBEING THERAPIST SPOTLIGHT 🌀



REFLEXOLOGY & MASSAGE

Liza always provides high standard services and has outstanding record in customer satisfaction. She regularly receives positive feedback, in person and through work emails, letters and 'Treatwell' (rating app) during her 7 years of experience overseas and London. Liza also provides treatments to private clients, including celebrities. Book with Liza today!

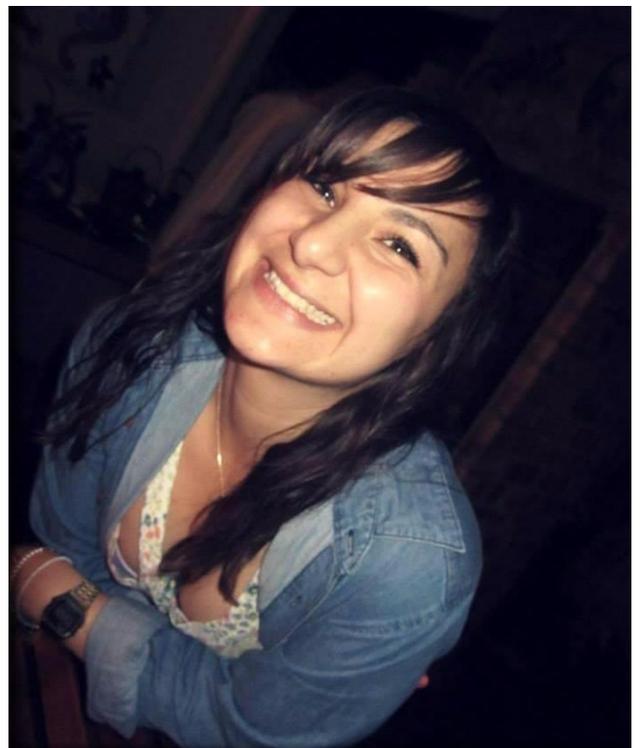
[BOOK NOW](#)

MEET OUR NEW STUDIO MANAGER, ELIZA

Welcome Eliza!

Eliza joins us all the way from South Africa and is very excited to be back to London, where she once resided, to embark on her next adventure at Kula.

A trained yoga teacher with a passion for holistic therapies and wellbeing, Eliza is a fantastic addition to the studio. We are delighted to have Eliza join us and excited for what's to come in the future! Be sure to say hello!



★ KULA STARS NOVEMBER 2017 ★



Gianluca La Torre

Your hard work, determination, and commitment to your yoga practice is an inspiration to all and we are delighted to announce you as our student of the month! x



Louise Finlayson

You have been praised by so many for your hard work, efficiency, positive attitude and amazing support to the teachers and team members at Kula. Well done Louise! x

YOGA

ALLOWS YOU TO
REDISCOVER
A SENSE OF
WHOLENESS
IN YOUR LIFE

B.K.S IYENGAR



♥ GET SOCIAL WITH US! ♥

USE #KULAYOGA TO TAG & FIND US!



