

# Kula

YOGA & WELLBEING



We are thrilled to be embarking on the adventure that is 2018 with all of you. Here's to an exciting, prosperous and healthy new year. Our community at Kula continues to grow and we feel an enormous amount of gratitude and love for each and everyone of you.

With that in mind, we are very happy to introduce our new **January timetable**! We have an amazing line up of workshops this year, including our brand new Dynamic Body workshop taking place on 27th January, as well as our yoga holiday in May to look forward to! All of our latest news and conversations, including live interviews with teachers, students, and surprise guests will be posted on our Facebook page so be sure to check us out there too!



# SAFE SANCTUARY WITH LIKE MINDED PEOPLE

**UNLIMITED YOGA**  
& MOVEMENT CLASSES

£45 FOR 30 DAYS

MONEY  
BACK  
GUARANTEE\*

BIKRAM YOGA

VINYASA

YIN & NIDRA

I.FLO

DYNAMIC BODY

KULA SCULPT

FREE BIKRAM BEGINNERS WORKSHOPS

\*minimum 8 classes in total of which 6 must be Bikram

*Kula*  
HOT YOGA & WELLBEING



**BOOK NOW**



As we endure the cold, rain and dark here in the UK, I think it's safe to say we are all daydreaming of summer holidays, basking in the sun and soaking up all the Vitamin D possible to feel fabulous! Why not join Gerry, Michelle & Marylou for the trip of a lifetime to the beautiful 5 star resort of **Forte Village** in Sardinia where you can do exactly this! Yoga classes, yummy local cuisine, beach walks, a glass of Italian wine in the evenings, & lots more surprises! All you need to do to secure your place is put down a deposit of £800. Still places available so hurry before tickets sell out!

Date: 7-13 May 2018

Contact: [community@kulawellbeing.co.uk](mailto:community@kulawellbeing.co.uk)

[MORE INFO](#)

# Under 25 years?

Get 20% off our unlimited packages!

Simply quote promo code at reception:

**UNDER25**



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YOGA & WELLBEING

# BEGINNERS WORKSHOP BIKRAM YOGA

WITH MARYLOU MCDONNELL

The perfect opportunity to learn more about Bikram Yoga, improve your yoga practice and benefit from great tips and advice from the wonderful Marylou! These workshops take place on the first Sunday of every month. Get yourself booked and hooked now!

1.45pm - 3.15pm

[kulawellbeing.co.uk](http://kulawellbeing.co.uk)

FREE\*

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YOGA & WELLBEING

**BOOK NOW**

# BEGINNERS VINYASA WORKSHOP

WITH AMANDA DENTON

Feel the endless benefits of Vinyasa Yoga through strengthening your body and calming your mind. The wonderful

Amanda Denton will help you understand the fundamental aspects of a Vinyasa Practice as well as master the dynamic postures involved which ultimately help to achieve a healthy mind, body and soul. Open to both beginner and seasoned yogis!

[kulawellbeing.co.uk](http://kulawellbeing.co.uk)

*Kula*  
YOGA & WELLBEING

FREE\*

\*Must be on your intro offer, otherwise it's £20 drop in.

**BOOK NOW**

# DYNAMIC BODY

WITH LETITIA WILKINSON

## WORKSHOP

SAT 27<sup>TH</sup> JAN  
2-4PM  
£25

EXPLORE FORM  
EXPAND FUNCTION



[BOOK NOW](#)

**KULA STARS DECEMBER 2017**



**Sacha Wong**

Congratulations Sacha! It's great to see you had such determination to come to classes over the Christmas period. Well done on working so hard! Make sure to pop into us where you can collect a Bikram book as your prize!



**Lisa Hollocks**

Congratulations Lisa! We are very sad to see you leave us. You brought such positive energy and spirit to everyone in Kula. We wish you all the best though in your next adventure and hope to see you in the studio again very soon!



## **THIRD EAR MEDITATION APP BY LEO COSENDAI** **Get the first month free!**

**PROMO CODE: KULA**

The wonderful Leo Cosendai, who is back to teach his **Gong Bath Meditation workshop February 2018**, has kindly offered the Kula community a free first month for his



new meditation sounds app now available on the app store! Thank you Leo!

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**GET SOCIAL WITH US**  
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& USE #KULAYOGA



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