

August Schedule

MyKula.ca

1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
11(60) hothour : sonja 1(90) restorative : sonja 5(60) hothour :geneviève 7(90) freedom yoga project w/ lawrence \$18	HOLIDAY SCHEDULE 12(60) hothour : marinella 6:30(90) basicsflow : josie 8:30(60) hothour : josie	12(60) hourflow : ana 5(60) hothour : marinella 6:30(90) hotexpanding : marinella 8:30(60) hothour : linseed	10(90) basicsflow : marinella 12(60) hothour : sonja 3(90) restorative : sonja∞ 5(60) hourflow : sonja 6:30(90) basicsflow : tba 8:30(60) hothour : tba	9:30-11:30 Community Acupuncture Clinic w/ Brenna 12(60) hourflow : josie 5(60) hothour : josie 6:30(60) warm soundhealing:josie 7:45(60) acuball : ana-maria 9(60) hothour : tessa	10(90) expandingflow : ana-maria 12(60) hothour : ana-maria 3(60) hothour : sonja 4:30(90) the practice : christi-an 6:30(90) restorative : sonja∞ 8:30(90) restorative : sonja	11(60) hothour : ana-maria 12:30(90) yogageek : josie 4:30(90) hotkarma : ana-maria
8 11(60) hothour : josie 1(90) restorative : josie 5(60) hothour :geneviève 6:30(90) a mid summer night's healing meditation w/ kathy \$20	12(60) hothour : josie 2(90) expandingflow : marinella 3:45(60) acuball : linseed 5(60) meditationflow : christi-an & geoff 6:30(90) basicsflow : josie 8:30(60) hothour : josie	10 12(60) hourflow : cynthia 5(60) hothour : marinella 6:30(90) hotexpanding : marinella 8:30(60) hothour : linseed	11 10(90) basicsflow : marinella 12(60) hothour : sonja 3(90) restorative : sonja∞ 5(60) hourflow : sonja 6:30(90) basicsflow : christi-an 8:30(60) hothour : christi-an	12 9:30-11:30 Community Acupuncture Clinic w/ Brenna 12(60) hourflow : cynthia 5(60) hothour : josie 6:30(60) warm soundhealing:josie 7:45(60) acuball : ana-maria 9(60) hothour : tessa	13 10(90) expandingflow : aaron 12(60) hothour : aaron 3(60) hothour : sonja 4:30(90) the practice : christi-an 6:30(90) restorative : sonja∞ 8:30(90) restorative : sonja	14 11(60) hothour : ana-maria 12:30(90) yogageek : josie 4:30(90) hotkarma : ana-maria
15 11(60) hothour : josie 1(90) restorative : josie 5(60) hothour :jen	16 12(60) hothour : josie 2(90) expandingflow : marinella 3:45(60) acuball : linseed 5(60) meditationflow : christi-an & geoff 6:30(90) basicsflow : josie 8:30(60) hothour : josie	17 12(60) hourflow : cynthia 5(60) hothour : marinella 6:30(90) hotexpanding : marinella 8:30(60) hothour : linseed	18 10(90) basicsflow : marinella 12(60) hothour : sonja 3(90) restorative : sonja∞ 5(60) hourflow : sonja 6:30(90) basicsflow : christi-an 8:30(60) hothour : christi-an	19 9:30-11:30 Community Acupuncture Clinic w/ Brenna 12(60) hourflow : cynthia 5(60) hothour : josie 6:30(60) warm soundhealing:josie 7:45(60) acuball : ana-maria 9(60) hothour : tessa	20 10(90) expandingflow : aaron 12(60) hothour : aaron 3(60) hothour : sonja 4:30(90) the practice : christi-an 6:30(90) restorative : sonja∞ 8:30(90) restorative : sonja∞	21 11(60) hothour : ana-maria 12:30(90) yogageek : jen 4:30(90) hotkarma : ana-maria
22 11(60) hothour : jen 1(90) restorative : jen 5(60) hothour :jen	23 12(60) hothour : josie 2(90) expandingflow : marinella 3:45(60) acuball : linseed 5(60) meditationflow : christi-an & geoff 6:30(90) basicsflow : josie 8:30(60) hothour : josie	24 9:30-11:30 Community Acupuncture Clinic w/ Brenna 12(60) hourflow : cynthia 5(60) hothour : marinella 6:30(90) hotexpanding : marinella 8:30(60) hothour : linseed	25 10(90) basicsflow : marinella 12(60) hothour : sonja 3(90) restorative : sonja∞ 5(60) hourflow : sonja 6:30(90) basicsflow : christi-an 8:30(60) hothour : christi-an	26 9:30-11:30 Community Acupuncture Clinic w/ Brenna CANCELLED 12(60) hourflow : cynthia 5(60) hothour : josie 6:30(60) warm soundhealing:josie 7:45(60) acuball : ana-maria 9(60) hothour : tessa	27 10(90) expandingflow : aaron 12(60) hothour : aaron 3(60) hothour : sonja 4:30(90) the practice : christi-an 6:30(90) restorative : sonja∞ 8:30(90) restorative : sonja	28 11(60) hothour : ana-maria 12:30(90) yogageek : josie 4:30(90) hotkarma : ana-maria
29 11(60) hothour : jen 1(90) restorative : jen 5(60) hothour :jen	30 12(60) hothour : josie 2(90) expandingflow : marinella 3:45(60) acuball : linseed 5(60) meditationflow : christi-an 6:30(90) basicsflow : josie 8:30(60) hothour : josie	31 12(60) hourflow : cynthia 5(60) hothour : marinella 6:30(90) hotexpanding : marinella 8:30(60) hothour : linseed				

a mid summer night's healing meditation

Sunday, August 8th . 6:30 p.m. to 8:00 p.m . \$20

Join Kathy, Kula's Intuitive Spiritual Counselor for an evening of healing and guided meditation to powerfully shift towards a more liberated expression of yourself. An open heart and willingness to be inspired is all you need to bring.

