

Hatha : Power Vinyasa : Silent : Karma : Community : Yoga for Runners & Athletes

## Hot Yoga

## December 2010

Sunday	Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday	4 Saturday
			6:30(75) Joanne 9:30(60) Megan 12(60) Joanne  4:45(75) Live Music! Trish 6:45(75) Colin 8:30(60) Chris M	6:30(60) Kim 9:30(60/music) Kim 12(60) Sonja  5:00(60) Sonja 7:00(60) Kim 8:30(60) Kim	6:30(75) Joanne 9:30(90) Joanne 12(60) Joanne  4:45(music/75) Jackie 6:30 Karma- donation (75) Rose	8(90) Tessa 10 (75) Tessa 12 (60) Kimberley  3 (60) Stephanie 4:30 (75) Adam
5 8(90) Chris M 10(75) Chris M 12(60) Diana  3(75) Kimberley 5(60) Kimberley 7 Community (60) \$5 Izabela	6 6:30(75) Kaja 9:30(90) Kaja 12 (60) Kimberley  4:45(75) Trish 6:30(90) *Detox flow* Trish 8:30(60) Becky	7 6:30(silent/60) Sofia 9:30(60) Sofia 12(60) Sofia  5:00(60) Tessa 7:00(60) Christine 8:30(60) Christine	8 6:30(75) Joanne 9:30(60) Megan 12(60) Joanne  4:45(75) Live Music! Trish 6:45(75) Colin 8:30(60) Chris M	9 6:30(60) Kim 9:30(60/music) Kim 12(60) Sonja  5:00(60) Sonja 7:00(60) Kim 8:30(60) Kim	10 6:30(75) Lindsey 9:30(90) Sheri 12(60) Sheri  4:45(music/75) Jackie 6:30 Karma- donation(75) Rose	11 8(90) Joanne 10 (75) Joanne 12 (60) Kimberley  3 (60) Stephanie 4:30 (75) Stephanie
12 8(90) Chris M 10(75) Chris M 12(60) Jen  3(75) Kimberley 5(60) Kimberley 7 Community (60) \$5 Steph J	13 6:30(75) Joanne 9:30(90) Joanne 12 (60) Joanne  4:45(75) Trish 6:30(90) *Detox flow* Trish 8:30(60) Becky	14 6:30(silent/60) Sofia 9:30(60) Sofia 12(60) Sofia  5:00(60) Tessa 7:00(60) Christine 8:30(60) Christine	15 6:30(75) Joanne 9:30(60) Megan 12(60) Joanne  4:45(75) Live Music! Trish 6:45(75) Colin 8:30(60) Chris M	16 6:30(60) Kim 9:30(60/music) Kim 12(60) Sonja  5:00(60) Sonja 7:00(60) Kim 8:30(60) Kim	17 6:30(75) Joanne 9:30(90) Joanne 12(60) Joanne  4:45(music/75) Jackie 6:30 Karma- donation (75) Rose	18 8(90) Joanne 10 (75) Joanne 12 (60) Kimberley  3 (60) Stephanie 4:30 (75) Adam
19 8(90) Chris M 10(75) Chris M 12(60) Jen  3(75) Kimberley 5(60) Kimberley 7 Community (60) \$5 Juanita	20 6:30(75) Joanne 9:30(90) Joanne 12 (60) Joanne  4:45(75) Trish 6:30(90) *Detox flow* Trish 8:30(60) Becky	21 6:30(silent/60) Sofia 9:30(60) Sofia 12(60) Sofia  5:00(60) Tessa 7:00(60) Chris M 8:30(60) Chris M	22 6:30(75) Joanne 9:30(60 ) Megan 12 (60) Joanne  4:45(75) Live Music! Trish 6:45(75) Colin 8:30(60) Chris M	23 6:30(60) Kim 9:30(60/music) Kim 12(60) Sonja  5:00(60) Sonja 7:00(60) Kim 8:30(60) Kim	24 Holiday Hours 6:30(75) Joanne 9:30(90) Joanne 12(60) Joanne	25  <b>Merry Christmas! (Studio Closed)</b>
26 Holiday Hours 8(90) Julie 10(75) Julie 12(60) Sofia  3(75) Kimberley	27 6:30(75) Kimberley 9:30(90) Kimberley 12 (60) Kimberley  4:45(75) Trish 6:30(90) *Detox flow* Trish 8:30(60) Becky	28 6:30(silent/60) Sofia 9:30(60) Sofia 12(60) Sofia  5:00(60) Tessa 7:00(60) Christine 8:30(60) Christine	29 6:30(75) Sofia 9:30(60 ) Christine 12 (60) Sofia  4:45(75) Live Music! Trish 6:45(75) Colin 8:30(60) Chris M	30 6:30(60) Kim 9:30(60/music) Kim 12(60) Sonja  5:00(60) Sonja 7:00(60) Kim 8:30(60) Kim	31 Holiday Hours 6:30(75) TBA 9:30(90) Kimberley 12(60) Kimberley  4:00 (music/75) Jackie	1 HAPPY NEW YEAR!  9:30(90) Colin 11:30(60) Kimberley  1:00(60) Julie 4:00(60) Julie

DEC. 3-5<sup>TH</sup>: KULA BURLINGTON'S  
ANNIVERSARY WEEKEND CELEBRATION!

UPCOMING WORKSHOPS: WINTER SOLSTICE CELEBRATION SATURDAY, DEC. 11<sup>TH</sup>  
DR. DOUGLAS BROOKS SEMINAR, "INNER WORLDS: TANTRIC EXPERIENCE AND THE SUBTLE BODY" JAN. 28-30<sup>TH</sup> RUN & YOGA TUES. JAN. 11-FEB. 15<sup>TH</sup>

Ashtanga Basics, I, II, III/Primary : Hatha : Anusara-Inspired : Restorative : Yin : Vinyasa : Meditation : Pre-Natal : Kids & Teen

## Regular Yoga

## December 2010

Sunday	Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday	4 Saturday
			9:30 Hatha I-II (90) Joanne  6:30 Hatha I-II (90) Sofia 8:30 Hatha I (60) Sofia	9:30 Hatha I (90) Sonja 12 Ashtanga I (60) Jen I  5:00 Yin Yoga(90) Grant 7:00 Vinyasa I (90) Jannine	9:30 Hatha Basic (90) Jennifer  5:00 Young Yogis(60) Stephanie 6:30 Restorative (90) Shelley	8 Ashtanga Basics (90) Becky 10 Ashtanga II (90) Becky 12 Anusara-in I(60) Marinella
5 8:30 Hatha I (90) Jannine 10:15 Pre-Natal (90) Jannine 12:00 Little Yogis (60) Stephanie  2:00 Ash III/Primary Cancelled 4:15 Meditation (45) Cancelled 5:30 Restorative (90) Shelley	6 9:30 Hatha Basics (90) Megan 12 Hatha I (60) Megan  6:30 Anusara-in II (90)Marinella 8:30 Anusara-in I (60)Marinella	7 9:30 Yoga Therapy (90) Shelley 12 *NEW*Ashtanga I (60) Tessa  5:00 Restorative(90) Shelley 7:00 Ashtanga II (90) Tessa	8 9:30 Hatha I-II (90) Joanne  6:30 Hatha I-II (90) Marinella 8:30 Hatha I (60) Marinella	9 9:30 Hatha I (90) Sonja 12 Ashtanga I (60) Grant  5:00 Yin Yoga(90) Grant 7:00 Vinyasa I (90) Jannine	10 9:30 Hatha Basic (90) Elizabeth  5:00 Young Yogis(60) Stephanie 6:30 Restorative (90) Shelley	11 8 Ashtanga Basics (90) Grant 10 Ashtanga II (90) Grant 12 Anusara-in I(60) Marinella  6:30-8:30 Yoga & Tabla Drums with Jannine!
12 8:30 Hatha I (90) Jen I 10:15 Pre-Natal (90) Jannine 12:00 Little Yogis (60) Stephanie  2:00 Ash III/Primary (120) Grant 4:15 Meditation Grant 5:30 Restorative (90) Shelley	13 9:30 Hatha Basics (90) Megan 12 Hatha I (60) Megan  6:30 Anusara-in II (90)Marinella 8:30 Anusara-in I (60)Marinella	14 9:30 Yoga Therapy (90) Shelley 12 *NEW*Ashtanga I (60) Tessa  5:00 Restorative(90) Shelley 7:00 Ashtanga II (90) Tessa	15 9:30 Hatha I-II (90) Joanne  6:30 Hatha I-II (90) Sofia 8:30 Hatha I (60) Sofia	16 9:30 Hatha I (90) Sonja 12 Ashtanga I (60) Jen I  5:00 Yin Yoga(90) Grant 7:00 Vinyasa I (90) Jannine	17 9:30 Hatha Basic (90) Jennifer  6:30 Restorative (90) Shelley	18 8 Ashtanga Basics (90) Becky 10 Ashtanga II (90) Becky 12 Anusara-in I(60) Marinella
19 8:30 Hatha I (90) Jen I 10:15 Pre-Natal (90) Jannine 12:00 Little Yogis (60) Stephanie  2:00 Ash III/Primary Cancelled 4:15 Meditation (45) Cancelled 5:30 Restorative (90) Shelley	20 9:30 Hatha Basics (90) Megan 12 Hatha I (60) Megan  6:30 Anusara-in II (90)Marinella 8:30 Anusara-in I (60)Marinella	21 9:30 Yoga therapy (90) Shelley 12 *NEW*Ashtanga I (60) Tessa  5:00 Restorative(90) Shelley 7:00 Ashtanga II (90) Tessa	22 9:30 Hatha I-II (90) Joanne  6:30 Hatha I-II (90) Kimberley 8:30 Hatha I (60) Kimberley	23 9:30 Hatha I (90) Sonja 12 Ashtanga I (60) Grant  5:00 Yin Yoga(90) Grant 7:00 Vinyasa I (90) Jannine	24 Holiday Hours 9:30 Hatha Basic (90) Elizabeth	25  <b>Merry Christmas! (Studio Closed)</b>
26 Holiday Hours 8:30 Hatha I (90) Sofia  2:00 Ash III/Primary (120) Grant 4:15 Meditation (45) Grant 5:30 Restorative (90) Shelley	27 9:30 Hatha Basics (90) Tessa 12 Hatha I (60) Tessa  6:30 Anusara-in II (90)Marinella 8:30 Anusara-in I (60)Marinella	28 9:30 Yoga therapy (90) Shelley 12 *NEW*Ashtanga I (60) Tessa  5:00 Restorative(90) Shelley 7:00 Ashtanga II (90) Tessa	29 9:30 Hatha I-II (90) Sofia  6:30 Hatha I-II (90) Sofia 8:30 Hatha I (60) Sofia	30 9:30 Hatha I (90) Sonja 12 Ashtanga I (60) Jen I  5:00 Yin Yoga(90) Grant 7:00 Vinyasa I (90) Jannine	31 Holiday Hours 9:30 Hatha Basic (90) Jennifer	1  Happy New Year! Holiday Hours

DEC. 3-5<sup>TH</sup>: KULA BURLINGTON'S ANNIVERSARY WEEKEND CELEBRATION!

THE GIFT OF YOGA : KULA GIFT CARDS AVAILABLE THIS HOLIDAY SEASON