

# FEBRUARY 2012 - REGULAR TEMPERATURE

kula

4031 Fairview, Unit 103, Burlington, ON L7L 2A4  
905.634.5852 • www.mykula.ca

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|--|--|---|--|---|
| - 1 -  |   |  | - 1 -  | - 2 -   | - 3 -  | - 4 -   |
|  |   |  | 9:30 <b>hatha I</b> (75) <i>shelley</i><br><br>6:30 <b>prenatal</b> (75) <i>jannine</i><br>6:30 <b>anusara-in</b> (90) <i>beth</i><br><br>8:00 <b>intro to yoga workshop</b> (90) <i>sofia</i>   | 9:30 <b>vinyasa I-II</b> (75) <i>julie</i><br>12:00 <b>gentle yoga</b> (60) ☸ <b>\$8</b> <i>beth</i><br><br>5:30 <b>vinyasa II</b> (60) <i>beth</i><br>6:00 <b>hatha basics</b> (60) <i>shelley</i><br>7:15 <b>restorative</b> (90) <i>shelley</i>        | 9:30 <b>hatha II</b> (90) <i>sofia</i><br>9:30 <b>core fusion &amp; weights</b> (75) <i>sara</i><br><br>7:00 <b>nia workshop</b> (75) <i>julie</i>   | 10:00 <b>hatha I-II</b> (60) <i>sofia</i><br>10:00 <b>little yogis</b> (60) <i>johanna</i><br><br>12:00 <b>hatha I</b> (75) <b>\$8</b> <i>sofia</i><br>12:00 <b>young yogis</b> (75) <i>johanna</i>   |
| - 5 -  | - 6 -   | - 7 -  | - 8 -  | - 9 -   | - 10 -   | - 11 -  |
| 10:00 <b>anusara-in</b> (90) <i>sofia</i><br>12:00 <b>anusara-in</b> (60) <i>sofia</i>   | 9:30 <b>hatha basics</b> (75) <i>shelley</i><br><br>2:30 <b>mom &amp; baby workshop</b> (60) <i>jen</i><br><br>6:30 <b>hatha I</b> (60) <i>sofia</i><br>8:00 <b>detox vinyasa</b> (60) <i>sofia</i>   | 7:00 <b>hatha III</b> (75) <i>beth</i><br>9:30 <b>vinyasa I-II</b> (75) <i>jacqui</i><br>10:00 <b>gentle yoga</b> (75) ☸ <b>\$8</b> <i>shelley</i><br>11:30 <b>acupuncture</b> (90) <i>nicole</i><br>5:30 <b>vinyasa II</b> (60) <i>tracy</i><br>7:00 <b>hatha basics</b> (60) ☸ <b>\$8</b> <i>julie</i><br>7:00 <b>intro to yoga 2 workshop</b> (90) <i>sofia</i><br>8:30 <b>r&amp;r yoga *NEW*</b> (45) <i>julie</i> | 9:30 <b>hatha I</b> (75) <i>shelley</i><br><br>6:30 <b>prenatal</b> (75) <i>jannine</i><br>6:30 <b>anusara-in</b> (90) <i>beth</i><br><br>8:00 <b>intro to yoga workshop</b> (90) <i>sofia</i><br>8:15 <b>acuball clinic</b> (75) <i>lindsey</i>     | 9:30 <b>vinyasa I-II</b> (75) <i>tracy</i><br><br>12:00 <b>gentle yoga</b> (60) ☸ <b>\$8</b> <i>beth</i><br><br>5:30 <b>vinyasa II</b> (60) <i>lindsey</i><br>6:00 <b>hatha basics</b> (60) <i>shelley</i><br>7:15 <b>restorative</b> (90) <i>shelley</i> | 9:30 <b>hatha II</b> (90) <i>beth</i><br>9:30 <b>core fusion &amp; weights</b> (75) <i>sara</i><br><br>7:00 <b>nia workshop</b> (75) <i>julie</i>    | 10:00 <b>hatha I-II</b> (60) <i>sofia</i><br>10:00 <b>little yogis</b> (60) <i>johanna</i><br><br>12:00 <b>hatha I</b> (75) ☸ <b>\$8</b> <i>sofia</i><br>12:00 <b>young yogis</b> (75) <i>johanna</i> |
| - 12 -   | - 13 -  | - 14 -   | - 15 -   | - 16 -  | - 17 -   | - 18 -  |
| 10:00 <b>anusara-in</b> (90) <i>beth</i><br>12:00 <b>anusara-in</b> (60) <i>beth</i><br><br>4:30 <b>prenatal partner Yoga workshop</b> (150) | 9:30 <b>hatha basics</b> (75) <i>shelley</i><br><br>2:30 <b>mom &amp; baby workshop</b> (60) <i>jen</i><br><br>6:30 <b>hatha I</b> (60) <i>sofia</i><br>8:00 <b>detox vinyasa</b> (60) <i>sofia</i>   | 7:00 <b>hatha III</b> (75) <i>beth</i><br>9:30 <b>vinyasa I-II</b> (75) <i>tracy</i><br>10:00 <b>gentle yoga</b> (75) ☸ <b>\$8</b> <i>shelley</i><br>11:30 <b>acupuncture</b> (90) <i>nicole</i><br>5:30 <b>vinyasa II</b> (60) <i>tracy</i><br>7:00 <b>hatha basics</b> (60) ☸ <b>\$8</b> <i>julie</i><br>7:00 <b>intro to yoga 2 workshop</b> (90) <i>sofia</i><br>8:30 <b>r&amp;r yoga *NEW*</b> (45) <i>julie</i>  | 9:30 <b>hatha I</b> (75) <i>shelley</i><br><br>6:30 <b>prenatal</b> (75) <i>jannine</i><br>6:30 <b>anusara-in</b> (90) <i>beth</i><br><br>8:00 <b>intro to yoga workshop</b> (90) <i>sofia</i><br>8:15 <b>asana 101 workshop</b> (90) <i>beth</i>    | 9:30 <b>vinyasa I-II</b> (75) <i>tracy</i><br><br>12:00 <b>gentle yoga</b> (60) ☸ <b>\$8</b> <i>beth</i><br><br>5:30 <b>vinyasa II</b> (60) <i>tracy</i><br>6:00 <b>hatha basics</b> (60) <i>shelley</i><br>7:15 <b>restorative</b> (90) <i>shelley</i>   | 9:30 <b>hatha II</b> (90) <i>sofia</i><br>9:30 <b>core fusion &amp; weights</b> (75) <i>sara</i><br><br>7:00 <b>nia workshop</b> (75) <i>julie</i>   | 10:00 <b>hatha I-II</b> (60) <i>sofia</i><br>10:00 <b>little yogis</b> (60) <i>johanna</i><br><br>12:00 <b>hatha I</b> (75) ☸ <b>\$8</b> <i>sofia</i><br>12:00 <b>young yogis</b> (75) <i>johanna</i> |
| - 19 -   | - 20 -  | - 21 -   | - 22 -   | - 23 -  | - 24 -   | - 25 -  |
| 10:00 <b>anusara-in</b> (90) <i>sofia</i><br>12:00 <b>anusara-in</b> (60) <i>sofia</i>   | <b>HAPPY FAMILY DAY!!</b><br>9:30 <b>hatha basics</b> (75) <i>shelley</i><br>10:00 <b>family yoga class karma</b> \$5 (60) <i>lindsey</i><br><br>6:30 <b>hatha I</b> (60) <i>sofia</i><br>8:00 <b>detox vinyasa</b> (60) <i>sofia</i>                                     | 7:00 <b>hatha III</b> (75) <i>beth</i><br>9:30 <b>vinyasa II</b> (75) <i>tracy</i><br>10:00 <b>gentle yoga</b> (75) ☸ <b>\$8</b> <i>shelley</i><br>11:30 <b>acupuncture</b> (90) <i>nicole</i><br>5:30 <b>vinyasa II</b> (60) <i>tracy</i><br>7:00 <b>hatha basics</b> (60) ☸ <b>\$8</b> <i>julie</i><br>7:00 <b>intro to yoga 2 workshop</b> (90) <i>sofia</i><br>8:30 <b>r&amp;r yoga *NEW*</b> (45) <i>julie</i>    | 9:30 <b>hatha I</b> (75) <i>shelley</i><br><br>6:30 <b>prenatal</b> (75) <i>jannine</i><br>6:30 <b>anusara-in</b> (90) <i>beth</i><br><br>8:00 <b>intro to yoga workshop</b> (90) <i>sofia</i><br>8:15 <b>asana 101 workshop</b> (90) <i>beth</i>    | 9:30 <b>vinyasa I-II</b> (75) <i>julie</i><br><br>12:00 <b>gentle yoga</b> (60) ☸ <b>\$8</b> <i>beth</i><br><br>5:30 <b>vinyasa II</b> (60) <i>lindsey</i><br>6:00 <b>hatha basics</b> (60) <i>shelley</i><br>7:15 <b>restorative</b> (90) <i>shelley</i> | 9:30 <b>hatha II</b> (90) <i>kristen</i><br>9:30 <b>core fusion &amp; weights</b> (75) <i>sara</i><br><br>7:00 <b>nia workshop</b> (75) <i>julie</i> | 10:00 <b>hatha I-II</b> (60) <i>beth</i><br>10:00 <b>little yogis</b> (60) <i>johanna</i><br><br>12:00 <b>hatha I</b> (75) ☸ <b>\$8</b> <i>beth</i><br>12:00 <b>young yogis</b> (75) <i>johanna</i>   |
| - 26 -   | - 27 -  | - 28 -   | - 29 -   |   |  |   |
| 10:00 <b>anusara-in</b> (90) <i>beth</i><br>12:00 <b>anusara-in</b> (60) <i>beth</i>   | 9:30 <b>hatha basics</b> (75) <i>shelley</i><br>2:30 <b>mom &amp; baby workshop</b> (60) <i>jen</i><br>6:30 <b>hatha I</b> (60) <i>sofia</i><br>6:30 <b>Advanced Restorative Workshop</b> (120) <i>shelley &amp; allan</i><br>8:00 <b>detox vinyasa</b> (60) <i>sofia</i> | 7:00 <b>hatha III</b> (75) <i>beth</i><br>9:30 <b>vinyasa II</b> (75) <i>tracy</i><br>10:00 <b>gentle yoga</b> (75) ☸ <b>\$8</b> <i>shelley</i><br>11:30 <b>acupuncture</b> (90) <i>nicole</i> <b>**CANCELLED**</b><br>5:30 <b>vinyasa II</b> (60) <i>tracy</i><br>7:00 <b>hatha basics</b> (60) ☸ <b>\$8</b> <i>julie</i><br>8:30 <b>r&amp;r yoga *NEW*</b> (45) <i>julie</i>   | 9:30 <b>hatha I</b> (75) <i>shelley</i><br><br>6:30 <b>prenatal</b> (75) <i>jannine</i><br>6:30 <b>anusara-in</b> (90) <i>beth</i><br><br>8:15 <b>asana 101 workshop</b> (90) <i>beth</i><br>8:15 <b>advanced vinyasa clinic</b> (75) <i>lindsey</i> |   |  |   |

☸ **\$8** denotes Yoga 8 Classes offered at a drop-in rate of \$8

Please contact administration for information or to sign up for workshops.

# FEBRUARY 2012 - HOT YOGA

kula

4031 Fairview, Unit 103, Burlington, ON L7L 2A4  
905.634.5852 • www.mykula.ca

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|---|---|---|---|--|
|   |   |   | - 1 -<br>6:30 <b>hatha I-II</b> (60) ☸ \$8<br><i>julie</i><br>9:30 <b>pilates II</b> (75) <i>dawn</i><br><br>12:00 <b>ashtanga flow</b> (60) <i>jen</i><br><br>5:15 <b>pilates I-II</b> (60) <i>dawn</i><br>6:30 <b>vinyasa I-II</b> (75) ☸ \$8<br><i>julie</i><br>8:30 <b>winter fundamentals</b><br>(60) <i>julie</i> | - 2 -<br>12:00 <b>detox vinyasa</b> (60)<br><i>jacqui</i><br><br>5:00 <b>hatha I-II</b> (60) <i>lindsey</i><br>6:30 <b>yoga cross *NEW TIME*</b> (60) <i>jacqui</i><br>8:30 <b>vinyasa I-II</b> (60) <i>lindsey</i> | - 3 -<br>6:30 <b>hatha I-II</b> (60) ☸ \$8<br><i>sara</i><br>12:00 <b>yin fusion for athletes</b><br>(60) <i>adam</i><br><br>5:30 <b>vinyasa I-II</b> (60) <i>trish</i><br>7:00 <b>karma \$5</b> (60) <i>trish</i>          | - 4 -<br>8:30 <b>hatha I</b> (60) <i>kristen</i><br>10:00 <b>yoga cross</b> (60) <i>jacqui</i><br><br>12:00 <b>vinyasa I</b> (60) <i>kristen</i> |
| - 5 -   | - 6 -   | - 7 -   | - 8 -   | - 9 -   | - 10 -  | - 11 -   |
| 10:00 <b>detox vinyasa</b> (75)<br><i>trish</i><br>12:00 <b>vinyasa II</b> (75) <i>trish</i><br><br>5:00 <b>yin fusion for athletes</b><br>(75) <i>jacqui</i><br>7:00 <b>winter fundamentals</b><br>(community \$5) (60)<br><i>julie</i>    | 9:30 <b>pilates I-II</b> (75) <i>dawn</i><br>12:00 <b>vinyasa I</b> (60) <i>sheri</i><br><br>5:15 <b>pilates I</b> (60) <i>dawn</i><br>6:30 <b>hatha I-II</b> (75) <i>kristen</i><br>8:30 <b>hatha I</b> (60) <i>kristen</i>                              | 12:00 <b>hatha I</b> (60) <i>jacqui</i><br><br>5:00 <b>vinyasa I-II</b> (60) <i>trish</i><br>6:45 <b>detox vinyasa</b> (75) <i>trish</i><br>8:30 <b>yoga cross</b> (60) <i>trish</i>  | 6:30 <b>hatha I-II</b> (60) ☸ \$8<br><i>julie</i><br>9:30 <b>pilates II</b> (75) <i>dawn</i><br><br>12:00 <b>ashtanga flow</b> (60) <i>jen</i><br><br>5:15 <b>pilates I-II</b> (60) <i>dawn</i><br>6:30 <b>vinyasa I-II</b> (75) \$8 <i>julie</i><br>8:30 <b>winter fundamentals</b><br>(60) <i>julie</i>               | 12:00 <b>detox vinyasa</b> (60)<br><i>jacqui</i><br><br>5:00 <b>hatha I-II</b> (60) <i>sheri</i><br>6:30 <b>yoga cross *NEW TIME*</b> (60) <i>jacqui</i><br>8:30 <b>vinyasa I-II</b> (60) <i>lindsey</i>            | 6:30 <b>hatha I-II</b> (60) ☸ \$8<br><i>sara</i><br>12:00 <b>yin fusion for athletes</b><br>(60) <i>adam</i><br><br>5:30 <b>vinyasa I-II</b> (60) <i>trish</i><br>7:00 <b>karma \$5</b> (60) <i>trish</i>                   | 8:30 <b>hatha I</b> (60) <i>kristen</i><br>10:00 <b>yoga cross</b> (60) <i>sara</i><br><br>12:00 <b>vinyasa I</b> (60) <i>kristen</i>            |
| - 12 -  | - 13 -  | - 14 -  | - 15 -  | - 16 -  | - 17 -  | - 18 -   |
| 10:00 <b>detox vinyasa</b> (75)<br><i>trish</i><br>12:00 <b>vinyasa II</b> (75) <i>trish</i><br><br>5:00 <b>yin fusion for athletes</b><br>(75) <i>johanna</i><br>7:00 <b>winter fundamentals</b><br>(community \$5) (60)<br><i>julie</i>   | 9:30 <b>pilates I-II</b> (75) <i>dawn</i><br>12:00 <b>vinyasa I</b> (60) <i>sheri</i><br><br>5:15 <b>pilates I</b> (60) <i>dawn</i><br>6:30 <b>hatha I</b> (75) <i>kristen</i><br>8:30 <b>hatha I</b> (60) <i>kristen</i>                                 | <b>HAPPY HEART CHAKRA DAY!</b><br>12:00 <b>hatha I</b> (60) <i>beth</i><br><br>5:00 <b>vinyasa I-II</b> (60) <i>lindsey</i><br>6:45 <b>detox vinyasa</b> (75) <i>trish</i><br>8:30 <b>electrify the heart chakra karma \$5</b> (60)<br><i>trish and lindsey</i> | 6:30 <b>hatha I-II</b> (60) ☸ \$8<br><i>julie</i><br>9:30 <b>pilates II</b> (75) <i>dawn</i><br><br>12:00 <b>ashtanga flow</b> (60) <i>jen</i><br><br>5:15 <b>pilates I-II</b> (60) <i>dawn</i><br>6:30 <b>vinyasa I-II</b> (75) ☸ \$8<br><i>julie</i><br>8:30 <b>winter fundamentals</b><br>(60) <i>julie</i>          | 12:00 <b>detox vinyasa</b> (60)<br><i>julie</i><br><br>5:00 <b>hatha I-II</b> (60) <i>sheri</i><br>6:30 <b>yoga cross *NEW TIME*</b> (60) <i>sara</i><br>8:30 <b>vinyasa I-II</b> (60) <i>lindsey</i>               | 6:30 <b>hatha I-II</b> (60) ☸ \$8<br><i>sara</i><br>12:00 <b>yin fusion for athletes</b><br>(60) <i>sofia</i><br><br>5:30 <b>vinyasa I-II (live music)</b><br>(60) <i>trish</i><br>7:00 <b>karma \$5</b> (60) <i>trish</i>  | 8:30 <b>hatha I</b> (60) <i>kristen</i><br>10:00 <b>yoga cross</b> (60) <i>jacqui</i><br><br>12:00 <b>vinyasa I</b> (60) <i>kristen</i>          |
| - 19 -  | - 20 -  | - 21 -  | - 22 -  | - 23 -  | - 24 -  | - 25 -   |
| 10:00 <b>detox vinyasa</b> (75)<br><i>trish</i><br>12:00 <b>vinyasa II</b> (75) <i>trish</i><br><br>5:00 <b>yin fusion for athletes</b><br>(75) <i>jacqui</i><br>7:00 <b>winter fundamentals</b><br>(community \$5) (60)<br><i>julie</i>    | <b>HAPPY FAMILY DAY!!</b><br>9:30 <b>pilates I-II</b> (75) <i>dawn</i><br>12:00 <b>vinyasa I</b> (60) <i>sheri</i><br><br>5:15 <b>pilates I</b> (60) <i>dawn</i><br>6:30 <b>hatha I-II</b> (75) <i>kristen</i><br>8:30 <b>hatha I</b> (60) <i>kristen</i> | 12:00 <b>hatha I</b> (60) <i>jacqui</i><br><br>5:00 <b>vinyasa I-II</b> (60) <i>lindsey</i><br>6:45 <b>detox vinyasa</b> (75) <i>trish</i><br>8:30 <b>yoga cross</b> (60) <i>trish</i>  | 6:30 <b>hatha I-II</b> (60) ☸ \$8<br><i>julie</i><br>9:30 <b>core fusion II</b> (75) <i>jacqui</i><br><br>12:00 <b>ashtanga flow</b> (60) <i>jen</i><br><br>5:15 <b>pilates I-II</b> (60) <i>dawn</i><br>6:30 <b>vinyasa I-II</b> (75) ☸ \$8<br><i>julie</i><br>8:30 <b>winter fundamentals</b><br>(60) <i>julie</i>    | 12:00 <b>detox vinyasa</b> (60)<br><i>jacqui</i><br><br>5:00 <b>hatha I-II</b> (60) <i>sheri</i><br>6:30 <b>yoga cross *NEW TIME*</b> (60) <i>jacqui</i><br>8:30 <b>vinyasa I-II</b> (60) <i>lindsey</i>            | 6:30 <b>hatha I-II</b> (60) ☸ \$8<br><i>sara</i><br>12:00 <b>yin fusion for athletes</b><br>(60) <i>adam</i><br><br>5:30 <b>vinyasa I-II (live music)</b><br>(60) <i>jacqui</i><br>7:00 <b>karma \$5</b> (60) <i>jacqui</i> | 8:30 <b>hatha I</b> (60) <i>kristen</i><br>10:00 <b>yoga cross</b> (60) <i>jacqui</i><br><br>12:00 <b>vinyasa I</b> (60) <i>kristen</i>          |
| - 26 -  | - 27 -  | - 28 -  | - 29 -  |   |   |  |
| 10:00 <b>detox vinyasa</b> (75)<br><i>jacqui</i><br>12:00 <b>vinyasa II</b> (75) <i>jacqui</i><br><br>5:00 <b>yin fusion for athletes</b><br>(75) <i>johanna</i><br>7:00 <b>winter fundamentals</b><br>(community \$5) (60)<br><i>julie</i> | 9:30 <b>pilates I-II</b> (75) <i>dawn</i><br>12:00 <b>vinyasa II</b> (60) <i>sheri</i><br><br>5:15 <b>pilates I</b> (60) <i>dawn</i><br>6:30 <b>hatha I-II</b> (75) <i>kristen</i><br>8:30 <b>hatha I</b> (60) <i>kristen</i>                             | 12:00 <b>hatha I</b> (60) <i>jacqui</i><br><br>5:00 <b>vinyasa I-II</b> (60) <i>lindsey</i><br>6:45 <b>detox vinyasa</b> (75) <i>trish</i><br>8:30 <b>yoga cross</b> (60) <i>trish</i>  | 6:30 <b>hatha I-II</b> (60) ☸ \$8<br><i>julie</i><br>9:30 <b>core fusion II</b> (75) <i>jacqui</i><br><br>12:00 <b>ashtanga flow</b> (60) <i>jen</i><br><br>5:15 <b>pilates I-II</b> (60) <i>dawn</i><br>6:30 <b>vinyasa I-II</b> (75) ☸ \$8<br><i>julie</i><br>8:30 <b>winter fundamentals</b><br>(60) <i>julie</i>    |   |   |  |

☸ \$8 denotes Yoga 8 Classes offered at a drop-in rate of \$8  
  
Please contact administration for information or to sign up for workshops.