

# kula annex

## TEACHER TRAINING

W/ CHRISTI-AN + SPECIAL GUESTS MARC BUBBS & NOAH MAZE

This 200-hour program will transform the foundation of your practice through the deep exploration of asana (postures), alignment principles, pranayama (breath work), meditation and philosophy. From this foundation, we will delve into the art and technique of teaching to empower you to become a skillful and inspiring teacher.

**CURRICULUM:**

- Biomechanical principles of alignment •Anatomy components for a strong and safe practice
- Yoga history and philosophy from a tantric perspective •Meditation and pranayama •Inspiring students to move from the inside out •Guidelines for expanding your practice beyond the mat
- Tools for effective teaching •Teaching intuitively •Hands-on adjustments and therapeutics applications •Weaving intention and poetic philosophy into classes •Sequencing and modifications for all levels

**CLASS FORMAT:**

The Teacher Training group will gather for 10 weekends from April to December 2012. There will be no classes during the July and August Summer Break.

**CLASS SCHEDULE ON TRAINING WEEKENDS:**

Friday 6 to 10PM | Saturday & Sunday 10AM to 7PM

**TEACHER TRAINING INFO SESSION:**

Join Christi-an for a complimentary class and a discussion about the training on Wednesday, February 22nd, 2012, 6:30pm to 9pm. Please call the studio to pre-register. \$3,800 +hst | Early Birds don't pay hst (applies until March 1st, 2011)

The training includes unlimited yoga classes at Kula annex during the duration of the training and a copy of the Anusara Teacher Training Manual. Please visit [www.mykula.toronto.ca/teacher-training](http://www.mykula.toronto.ca/teacher-training) for more information

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## CLASS DESCRIPTIONS

**basics flow** an inspiring exploration of yoga in a playful and supportive setting. All levels welcome.

**community acupuncture** Chinese medicine is a form of healing that follows the ways of nature and treats the whole being. Receive acupuncture in a group setting and transform your physical, mental and emotional well-being. Please make an appointment with reception. The teachings are alive in this circle and are empowered to shine forth as we discuss the challenges and successes of meeting this life with our practice.

**expanding flow** expand your practice from the foundation built in the basicsflow with a more challenging selection of poses.

**flow \$8** cultivating strength and flexibility through the power of yoga (\$8 classes taught with the same love and intelligence as all kula offerings). All levels welcome.

**heart jam** in honour of the countless ways to connect to your heart, join us for responsive singing, chanting, listening and cultivating devotion and enthusiasm for life.

**hot \$8** cultivating strength and flexibility through the power of yoga and a lot of sweat (\$8 classes taught with the same love and intelligence as all kula offerings). All levels welcome.

**hot basics** an inspiring exploration of yoga in a playful and supportive setting, with gentle heat. All levels welcome.

**hot core** empower your core in this sweaty class that focuses on strengthening all abdominals and your lower back.

**hour flow** a rockin' hour of cultivating strength and flexibility through the power of yoga. All levels welcome.

**hot hour** a rockin' hour of cultivating strength and flexibility through the power of yoga and a lot of sweat. All levels welcome.

**hot yoga 101** this dynamic course will teach you how to find the sweet spot between working hard in a sweaty room and experiencing rejuvenating relaxation.

**community & hot community** a \$5 hot class taught by a recent graduate from Kula's Teacher Training.

**yoga 101** focus on the basics, learn modifications, and ask questions. Perfect if you're a beginner or wanting to review the fundamentals!

**restorative express** a gentle and nourishing practice that utilizes props and self massage techniques to rejuvenate and calm your body/mind/heart.

**reiki room** reiki healing is a natural therapy that restores health and well being by gently balancing energies in the body that have been disrupted, weakened or blocked. Shift your energy to find ease and freedom. Please make an appointment with reception.

**reiki restore** a gentle and nourishing practice that utilizes props to support your body in deep relaxation. Option to experience Reiki healing.

**the practice** an intermediate/advanced class where students and teachers playfully practice together. Experience required.

**prenatal** prepare for a wonderful birth by learning breath, movement and relaxation to support your changing body and life.

**parent & baby** take care of your self, and connect with your baby and with other moms through postures, breath, movement, song and restoration.

**live music flow** deepen your practice and presence as you flow with rhythm and intensity to soulful soundscapes.

**kids yoga** allows children to cultivate a practice that teaches them to use their natural abilities to find connection with their breath and craft a skill that will help them focus and direct their innate strengths in positive and meaningful ways. (Try our class for adults at the same time!)

**karma yoga** all proceeds from this class go to charity. A \$5 minimum donation is requested for this fun and challenging class. All levels welcome.

**karma meditation** sit tall, breathe deep, look within, seek peace. \$5 minimum donation requested.

**intuitive counseling** invite clarity and deeper awareness to what is most important in your life. Kathy's insight serves to illuminate the root causes underlying problems, distress, or ailments, to help you heal and transform. All of your questions are welcome. Please make an appointment with reception.

## NEW YEAR PRICING

# UNLIMITED

## YOGA MEMBERSHIPS

All-In  
ANNUAL IN FULL

### \$1000<sup>+</sup>

FOR THE YEAR WHEN PAID IN FULL

Committed  
ANNUAL MONTHLY

### \$90<sup>+</sup>/MONTH

FOR A 12-MONTH CONTRACT

**ADDITIONAL BENEFITS OF ALL-IN & COMMITTED MEMBERSHIPS:**

- Receive 10% off workshops and retail\*
- Place your pass on hold up to 2 times per year for a total maximum of 2 months at no charge
- Bring a guest for free up to 5 times per year\*\*

Flexible  
MONTHLY AUTO RENEW

### \$95<sup>+</sup>/MONTH

WITH A FIRST MONTH ENROLLMENT FEE OF \$45<sup>+</sup>

Student/Senior  
FLEXIBLE MONTHLY AUTO RENEW

### \$88<sup>+</sup>/MONTH

WITH A FIRST MONTH ENROLLMENT FEE OF \$12<sup>+</sup>

**ADDITIONAL BENEFITS OF FLEXIBLE & STUDENT/SENIOR MEMBERSHIPS:**

- Receive 10% off workshops and retail\*
- Place your pass on hold one time per year for a maximum of 30 days and a minimum of 2 weeks at no charge
- Cancel any time\*\*

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## PACKAGES & PRICING

**30 DAY INTRODUCTORY SPECIAL** First-time students to Kula are invited to enjoy 30 consecutive days of unlimited yoga Kula-wide for **\$30**

CLASS PASS	DROP IN	5 CLASS	10 CLASS	20 CLASS	1 MONTH
ADULT	\$17	\$75	\$140	\$260	\$140
STUDENT/SENIOR	\$13	\$60	\$115	\$220	\$100

MEMBERSHIPS	BENEFITS
<b>ALL-IN</b> Annual In Full	<b>\$1000 YEAR</b> • 10% off workshops & retail* • Place your pass on hold up to 2 times per year for a total maximum of 2 months at no charge • Bring a guest for free up to 5 times per year**
<b>COMMITTED</b> Annual Monthly	<b>\$90 MONTH</b>
<b>FLEXIBLE</b> Monthly Auto Renew	<b>\$95 MONTH</b> • 10% off workshops & retail* • Place your pass on hold one time per year for a maximum of 30 days and a minimum of 2 weeks at no charge
<b>STUDENT/SENIOR</b> Flexible Monthly Auto Renew	<b>\$88 MONTH</b> • Cancel any time**

No expiration date on class passes. Prices do not include HST. \*Excluding teacher training programs. \*\*Guest passes cannot be used beyond the end of your contract term. \*\*Upon notification of cancellation, you will be charged for one additional month.

**KULA ANNEX**  
304 Brunswick Avenue | 416.922.KULA (5852)  
Email: [annex@mykula.ca](mailto:annex@mykula.ca) | [www.mykula.ca](http://www.mykula.ca)

# kula annex

photo credits: Andréa de Keijzer

# February Schedule

# kula

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- 5 - <b>SUNRISE TRANSFORMATION STARTS TODAY!!!</b> <b>9:30 TRANSFORMATION MEETING</b> ⇄ 11(60) <b>hourflow</b> : tessa 12:30 (60) <b>hot \$8</b> : tessa <b>2 ARM BALANCE w/ CYNTHIA</b> ⇄ 5(90) <b>reiki</b> restorative: jen 7(60) <b>livemusic</b> flow: jen 8:30(60) <b>hothour</b> : jen	- 6 - 6:30(60) <b>hothour</b> : ana-maria 12(60) <b>hothour</b> : ana-maria 2(90) <b>flow \$8</b> : marinella 5(60) <b>flow \$8</b> : tessa 6:30(90) <b>basics</b> flow: cynthia ⇄ 7(60) <b>hothour</b> : jen 8:30(60) <b>Full Moon Meditation w/ Tessa</b> by donation ⇄ 8:30(60) <b>hothour</b> : jen 10(60) <b>hot community</b> : olia	- 7 - 6:30(60) <b>hourflow</b> : jen 12(75) <b>basics</b> flow: cynthia 1:30(90) <b>expanding</b> flow: michael 5(60) <b>kids yoga</b> : ana-maria ⇄ 5(60) <b>hothour</b> : marinella 6:15(75) <b>prenatal w/ jen</b> ⇄ (\$17+hst) 6:30(90) <b>flow \$8</b> : linseed 8(75) <b>yoga 101 (b) w/ donna</b> ⇄ 8:30(60) <b>hothour</b> : linseed 10(60) <b>karma yoga \$5+</b> : linseed	- 8 - 6:30(60) <b>hot \$8</b> : donna 10(90) <b>flow \$8</b> : donna 12(60) <b>hothour</b> : ana-maria 3(90) <b>reiki</b> restorative: linseed 5(60) <b>hourflow</b> : linseed 6:30(90) <b>livemusic</b> flow: christi-an 7(60) <b>restorative</b> express: linseed ⇄ 8:30(60) <b>hothour</b> : christi-an 10(60) <b>community</b> : alessandra	- 9 - 6:30(60) <b>hourflow</b> : jen 9:30-11:30 <b>Community Acupuncture Clinic w/ Darren</b> 10 (75) <b>parent &amp; baby</b> : jen \$17+hst ⇄ 12(75) <b>basics</b> flow: ana-maria 1:30(90) <b>expanding</b> flow: michael 5(60) <b>flow \$8</b> : serah 6-9 <b>The Reiki Room w/ Yola</b> ⇄ \$20 +hst 6:30(60) <b>hotcore</b> : serah 8:30(60) <b>hot \$8</b> : geneviève	- 3 - 10(90) <b>flow \$8</b> : aaron 12(60) <b>hothour</b> : aaron 3(60) <b>hothour</b> : linseed 4:30(90) <b>the practice</b> : christi-an 6:30(90) <b>reiki</b> restorative: linseed 7(90) <b>flow \$8</b> : charlene 8:30(90) <b>reiki</b> restorative: chrys	- 4 - 8(60) <b>community</b> : jen spinner 10(90) <b>flow \$8</b> : aaron 12(60) <b>hothour</b> : aaron 3(75) <b>hot yoga 101</b> : chrys 5(90) <b>hot \$8</b> : ana-maria <b>7 HEART JAM w/ JEN</b> \$10 +hst
- 12 - <b>9:30 TRANSFORMATION MEETING</b> ⇄ 11(60) <b>hourflow</b> : tessa 12:30 (60) <b>hot \$8</b> : tessa 5(90) <b>reiki</b> restorative: jen 7(60) <b>livemusic</b> flow: jen 8:30(60) <b>hothour</b> : jen	- 13 - 6:30(60) <b>hothour</b> : ana-maria 12(60) <b>hothour</b> : ana-maria 2(90) <b>flow \$8</b> : marinella 5(60) <b>flow \$8</b> : linseed 6:30(90) <b>basics</b> flow: linseed ⇄ 7(60) <b>hothour</b> : jen 8:15(60) <b>karma meditation: jeremy</b> ⇄ 8:30(60) <b>hothour</b> : jen 10(60) <b>hot community</b> : jacqueline	- 14 - 6:30(60) <b>hourflow</b> : jen 12(75) <b>basics</b> flow: donna 1:30(90) <b>expanding</b> flow: michael 5(60) <b>kids yoga</b> : ana-maria ⇄ 5(60) <b>hothour</b> : marinella 6:15(75) <b>prenatal w/ jen</b> ⇄ (\$17+hst) 6:30(90) <b>flow \$8</b> : marinella 8(75) <b>yoga 101 (c) w/ donna</b> ⇄ 8:30(60) <b>hothour</b> : linseed 10(60) <b>karma yoga \$5+</b> : linseed	- 15 - 6:30(60) <b>hot \$8</b> : marinella 10(90) <b>flow \$8</b> : marinella 12(60) <b>hothour</b> : ana-maria 3(90) <b>reiki</b> restorative: linseed 5(60) <b>hourflow</b> : linseed 6:30(90) <b>livemusic</b> flow: christi-an 6:45(60) <b>restorative</b> express: linseed ⇄ 8:30(60) <b>hothour</b> : christi-an 10(60) <b>community</b> : jam	- 16 - 6:30(60) <b>hourflow</b> : jen 9:30-11:30 <b>Community Acupuncture Clinic w/ Darren</b> 10 (75) <b>parent &amp; baby</b> : jen \$17+hst ⇄ 12(75) <b>basics</b> flow: donna 1:30(90) <b>expanding</b> flow: michael 5(60) <b>flow \$8</b> : serah 6-9 <b>The Reiki Room w/ Yola</b> ⇄ 6:30(60) <b>hotcore</b> : serah 8:30(60) <b>hot \$8</b> : geneviève	- 17 - <b>WARM WINTER RETREAT</b> 10(90) <b>flow \$8</b> : aaron 12(60) <b>hothour</b> : aaron 3(60) <b>hothour</b> : tessa 4:30(90) <b>the practice</b> : tessa 6:30(90) <b>reiki</b> restorative: chrys 7(90) <b>flow \$8</b> : charlene ⇄ 8:30(90) <b>reiki</b> restorative: chrys	- 18 - <b>WARM WINTER RETREAT</b> 8(60) <b>community</b> : jen raeburn 10(90) <b>flow \$8</b> : aaron 12(60) <b>hothour</b> : aaron 3(75) <b>hot yoga 101 (c)</b> : chrys 5(90) <b>hot \$8</b> : ana-maria
- 19 - <b>WARM WINTER RETREAT</b> <b>9:30 TRANSFORMATION MEETING</b> ⇄ 11(60) <b>hourflow</b> : tessa 12:30 (60) <b>hot \$8</b> : tessa 5(90) <b>reiki</b> restorative: jen 7(60) <b>livemusic</b> flow: jen 8:30(60) <b>hothour</b> : jen	- 20 - 6:30(60) <b>hothour</b> : ana-maria 12(60) <b>hothour</b> : ana-maria 2(90) <b>flow \$8</b> : marinella 5(60) <b>flow \$8</b> : tessa 6:30(90) <b>basics</b> flow: cynthia ⇄ 7(60) <b>hothour</b> : jen 8:15(90) <b>Community Satsang: Christi-an</b> ⇄ 8:30(60) <b>hothour</b> : jen 10(60) <b>hot community</b> : tam	- 21 - 6:30(60) <b>hourflow</b> : jen 9 <b>INTUITIVE COUNSELING w/ KATHY</b> 12(75) <b>basics</b> flow: cynthia 1:30(90) <b>expanding</b> flow: michael 5(60) <b>kids yoga</b> : ana-maria ⇄ 5(60) <b>hothour</b> : marinella 6:15(75) <b>prenatal w/ jen</b> ⇄ (\$17+hst) 6:30(90) <b>flow \$8</b> : marinella 8(75) <b>yoga 101 (d) w/ donna</b> ⇄ 8:30(60) <b>hothour</b> : linseed 10(60) <b>karma yoga \$5+</b> : linseed	- 22 - 6:30(60) <b>hot \$8</b> : marinella 10(90) <b>flow \$8</b> : marinella 12(60) <b>hothour</b> : ana-maria 3(90) <b>reiki</b> restorative: linseed 5(60) <b>hourflow</b> : linseed 6:30(90) <b>livemusic</b> flow: christi-an 6:45 (60) <b>restorative</b> express: linseed ⇄ 8:30(60) <b>hothour</b> : tessa 10(60) <b>community</b> : mo	- 23 - <b>SPECIAL SCHEDULE</b> 6:30(60) <b>hourflow</b> : jen 9:30-11:30 <b>Community Acupuncture Clinic w/ Darren</b> 10 (75) <b>parent &amp; baby</b> : jen \$17+hst ⇄ 12(75) <b>basics</b> flow: ana-maria 1:30(90) <b>expanding</b> flow: michael 5(60) <b>flow \$8</b> : tessa 7 <b>YOGA HOUR TEACHER TRAINING w/ DARREN RHODES</b> ⇄ 6:30(60) <b>hotcore</b> : tessa 8:30(60) <b>hot \$8</b> : geneviève	- 24 - <b>SPECIAL SCHEDULE</b> 9 - 4 <b>YOGA HOUR TEACHER TRAINING w/ DAREEN RHODES</b> 10(90) <b>flow \$8</b> : aaron ⇄ 12(60) <b>hourflow</b> : aaron ⇄ 3(60) <b>hourflow</b> : jen ⇄ 6-9 <b>DEEPER DIVE w/ DARREN SOLD OUT</b> 6:30(90) <b>reiki</b> restorative: linseed ⇄ 8:30(90) <b>reiki</b> restorative: chrys ⇄	- 25 - <b>SPECIAL SCHEDULE</b> 8(60) <b>community</b> : mo ⇄ 9 - 4 <b>YOGA HOUR TEACHER TRAINING w/ DARREN RHODES</b> 10(90) <b>flow \$8</b> : aaron ⇄ 12(60) <b>hourflow</b> : aaron ⇄ 3(75) <b>yoga 101 (d)</b> : jen ⇄ 5(90) <b>hot \$8</b> : ana-maria
- 26 - <b>SPECIAL SCHEDULE</b> 9 - 4 <b>YOGA HOUR TEACHER TRAINING w/ DARREN RHODES</b> <b>9:30 TRANSFORMATION MEETING</b> ⇄ 11(60) <b>hourflow</b> : tessa ⇄ 12:30 (60) <b>flow \$8</b> : tessa ⇄ 5(90) <b>reiki</b> restorative: jen 6 <b>TALK &amp; BOOK SIGNING w/ DARREN RHODES   FREE</b> 7(60) <b>livemusic</b> flow: jen ⇄ 8:30(60) <b>hothour</b> : jen	- 27 - 6:30(60) <b>hothour</b> : ana-maria 12(60) <b>hothour</b> : ana-maria 2(90) <b>flow \$8</b> : marinella 5(60) <b>flow \$8</b> : tessa 6:30(90) <b>basics</b> flow: cynthia 7(60) <b>hothour</b> : jen 8:15(60) <b>karma meditation: jeremy</b> ⇄ 8:30(60) <b>hothour</b> : jen 10(60) <b>hot community</b> : alessandra	- 28 - 6:30(60) <b>hourflow</b> : jen 12(75) <b>basics</b> flow: cynthia 1:30(90) <b>expanding</b> flow: michael 5(60) <b>kids yoga</b> : ana-maria 5(60) <b>hothour</b> : marinella 6:15(75) <b>prenatal w/ jen</b> ⇄ (\$17+hst) 6:30(90) <b>flow \$8</b> : marinella 8(75) <b>yoga 101 (e) w/ donna</b> ⇄ 8:30(60) <b>hothour</b> : linseed 10(60) <b>karma yoga \$5+</b> : linseed	- 29 - 6:30(60) <b>hot \$8</b> : marinella 10(90) <b>flow \$8</b> : marinella 12(60) <b>hothour</b> : ana-maria 3(90) <b>reiki</b> restorative: linseed 5(60) <b>hourflow</b> : linseed 6:30(90) <b>livemusic</b> flow: christi-an 6:45 (60) <b>restorative</b> express: linseed ⇄ 8:30(60) <b>hothour</b> : christi-an 10(60) <b>community</b> : kimberly	⇄ Class is taught in kula too <b>NEW CLASS</b> CLASSES HIGHLIGHTED IN PURPLE ARE NOT INCLUDED IN YOUR MEMBERSHIP, CLASSES PASSES OR 30 FOR 30 <b>FREE WORKSHOP</b>		



## prenatal partner workshop WITH JEN

A two hour exploration of ways to support pregnancy and birth through yoga, breath, partner poses, labor positions, play and laughter. Feel free to bring your partners and/or people who will be supporting you during your process. Practice relaxation together and cultivating vision and intention for your growing family!  
FEB 11 | 2 - 4PM | \$20 +HST



## intuitive counseling WITH KATHY ROSEBOROUGH

Invite clarity and deeper awareness to what is most important in your life. Kathy's insight serves to illuminate the root causes underlying problems, distress, or ailments, to help you heal and transform. All of your questions are welcome.  
THIRD TUESDAY OF EVERY MONTH  
FEB 21ST, MAR 20TH | \$120 +HST



## courage to love WITH MARINELLA

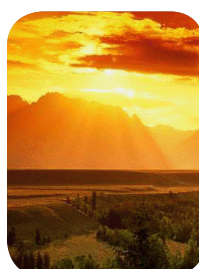
The word "courage" takes its root from the Latin word cor which translates into English as "heart". To be courageous means to offer your heart. This annual class will guide you along the path of the heart, providing space to surrender to or stand up for your heart's greatest gift - to love and to be loved. This annual celebration honours whatever your relationship status is: madly in love, it's complicated, a proud self-lover, broken hearted or all of the above!  
FEB 11 | 8PM | \$30 +HST



## a warm heart winter retreat

### WITH COLIN, CHRISTI-AN & GRANT

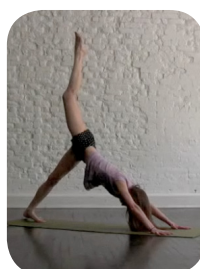
A weekend away of warm crackling fires, good company, nourishing food, yoga, meditation, and journaling - the cure for the common winter blues. Held off the grid at Harmony Dawn Retreat Centre, you will enjoy 6 exquisite vegetarian meals, daily yoga and a variety of other activities on the mat and by the fire.  
FEB 17-19 AT HARMONY DAWN  
\$400 +HST



## sunrise transformation WITH MARINELLA & JEN

We will explore the treasure map of your life through journaling, community satsangs, practice and studying My Body is a Temple by Christina Sell. Commit to: twenty 6:30am classes, daily journaling, optional readings, Sunday morning satsangs and nutrition ideas to fuel your body before and after practice.

FEB 5-MAR 4 | \$190 +HST  
\$138 +HST FOR STUDENTS | \$50 +HST MEMBERS



## arm balances 202 WITH CYNTHIA

Arm balances don't have to be scary! Playfully put together the perfect balance or strength, openness, relaxation and courage to safely journey your way to floating.

FEB 5 | 2 - 4 PM | \$30 +HST



## self love with acuball WITH LINDSEED

Q: What would be the most loving thing to do? A: To take care of yourself so well that love pours freely from your heart into the world. Give yourself an early valentine's day gift by relaxing tight muscles, enhancing joint movement, and improving the energetic flow of the nervous system. Ultimately we know how to love ourselves best (and then we can teach others)!  
FEB 8 | 8:15 - 9:30PM | \$20 +HST

## teacher training info session WITH CHRISTI-AN

This 200 hour program will transform the foundation of your practice through the deep exploration of asana (postures), alignment principles, pranayama (breath work), meditation and philosophy. Join Christi-an for a complimentary class and a discussion about the training on Wednesday, February 22, 2012 from 6:30 - 9 PM.  
Call the studio to pre-register.

FEB 22 | FREE | CALL 416.922.5852 TO REGISTER



## book talk & signing WITH DARREN RHODES

Listen to the Darren's story of the making of the inspiring Yoga Resource Book. This beautiful book offers 400 colour photographs—one per page—depicting a comprehensive library of yoga poses, featuring Darren's extraordinary balance of grace and precision. Sanskrit names, English translations, and pronunciation cues accompany each pose.

FEB 26 | 6PM | FREE