

Kula

HOT YOGA & WELLBEING



Winter has definitely arrived but we are seriously heating up just thinking about our next exciting yoga holiday on the beautiful island of Sardinia! We've booked our flights, secured our accommodation at the stunning 5 star [Forte Village Resort](#), confirmed our yoga classes and now all we're waiting for is you to join us too! Gerry, Michelle & Marylou will be hosting a fantastic mix of yoga classes including Bikram, Vinyasa, & Yin all surrounded by incredible scenery.

We are delighted to announce that we have extended our [early bird offer!](#) This means you can pay just £800 deposit before 15th November and you are on your way to the Italian coast with us next May 2018! Come one, come all and get ready for an unforgettable trip of a lifetime with the Kula fam. [Book now!](#)

Beat the Winter blues

Join us on our magical getaway to Sardinia

YOGA. SUN. SEA. SAND.

SECURE OUR EARLY BIRD PRICE BEFORE THE
15TH OF NOVEMBER & PAY JUST £800 DEPOSIT*.

7 - 13 May 2018

VISIT KULAWELLBEING.CO.UK



*4 REMAINING PAYMENTS OF £200
(£175 FOR KULA FAMILY)

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BOOK NOW



FREE BIKRAM WORKSHOP FOR BEGINNERS

Are you on your intro offer and want an opportunity to learn more about Bikram Yoga, enhance your Bikram practice and knowledge as well as benefit from incredible tips and advice on alignment and asanas from our wonderful teacher Marylou? Then this one is for you! These workshops take place on the first Sunday of every month! We recommend you book in advance to secure your place in the room!

SUNDAY 5th NOVEMBER
1.45PM - 3.15PM

BOOK NOW

FULL SPECTRUM HATHA YOGA PRACTICE

W O R K S H O P W I T H
G I A N N A P U R C E L L



Explore postural concepts, energetic locks, structural integrity, and how to combine this core understanding to begin venturing into more advanced positioning. This workshop is open to all levels of practitioners and will allow space for questions, demonstrations, and overall yogic insight to aid in the awareness of where you are heading in this ever expanding practice of yoga.

FRIDAY

3RD NOV 2017

7.15PM - 9.15PM

£35

BOOK@KULAWELLBEING.CO.UK

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BOOK NOW

INNER MASTERY ♥ OUTER MYSTERY

KUNDALINI WORKSHOP
WITH MICHELE HALLAK



Are you ready to be beautiful?

Women's outer mystery is part of her fascinating allure. Yogi Bhajan described women as "a living prayer". Kundalini Yoga is considered to be the most ancient form of yoga as it is taught in kriyas that remain unbroken and were kept secret for 100's of years.

Harness your moon energy and connect with your beauty, radiance and mystery through this ancient practice. A kundalini workshop for women designed to master your radiant presence and manifest magic and miracles.

SUNDAY
19TH NOVEMBER
2pm - 4pm
£25

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BOOK NOW

☯ WELLBEING THERAPIST ☯



PHYSIOTHERAPIST

Michael has almost 10 years' experience in treating various musculoskeletal problems. He has also had extensive post-graduate training in manual therapy, acupuncture, Pilates and core functioning, workstation ergonomics and sports specific rehabilitation. He will take into account your lifestyle, work and exercise routines and tailor a treatment program that's best suited for you.

BOOK NOW

★ KULA STARS OCTOBER 2017 ★



Lenka Leadley

Congratulations Lenka! You have won our October Student of the Month award. You can



Alex Radulescu

Alex has been an amazing addition to the team here at Kula and as studio manager he has

collect your prize of a Bikram Book at reception.

made a very positive impact on the studio.
Well done Alex!



♥ 10% ONLINE DISCOUNT ♥

PROMO CODE: KULA2017

Our friends at Yoga Design Lab have been kind enough to give you guys a 10% discount off their beautiful range of products! Just pop the promo code in when you arrive at the checkout page.

Must be purchased from their [Amazon](#) store to avail of discount.



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