



Monday		
9:00am	All Levels	Amy P
9:00am	Vinyasa Flow	Tracy
10:15am	Flow w/ Baby	Tracy
11:30am	Core Yoga	Meg
11:30am	Tot (20mo-4yrs)	Amy P
4:00pm	Vinyasa Flow	Liz
4:00pm	Child (3-7yrs)	Amy P
6:00pm	Pre/Postnatal Fit	Allison
6:30pm	Vinyasa Flow	Barbara
Tuesday		
6:00am	Early Risers	Meg
7:00am	All Levels	Cary
8:15am	Hip Hop Yoga	Meg
9:30am	All Levels	Dido
9:30am	Tot (20mo-4yrs)	Nikki
12:00pm	Ashtanga Vinyasa	Sheila (75)
4:30pm	Vinyasa Flow	Matt (75)
6:30pm	Restorative	Everitt (75)
7:00pm	All Levels	Paula (75)
Wednesday		
6:00am	Yoga for Athletes	Amy Y
9:15am	Vinyasa Flow	Angela
9:15am	Flow w/Waddlers (Crawling-20 mos)	Stacie
10:30am	Parent and Tot	Meredith (45)
11:30am	Tot (20mo-4yrs)	Meredith
11:30am	Vinyasa Flow	Matt
4:00pm	Child (8-12yrs)	Meredith
4:00pm	Vinyasa Flow	James
6:00pm	Prenatal	Tracy (75)
6:30pm	Teen Yoga	Zakiyyah
7:30pm	Vinyasa Flow	Meg

Thursday		
6:00am	Early Risers	Zakiyyah
7:00am	Hip Hop Yoga	Michelle
8:15am	Vinyasa Flow	Sheila
9:30am	Core Yoga	Amy Y
9:30am	All Levels	Amy P
11:30am	Prenatal	Stacie
11:30am	SoulFlow	Sara Luna (75)
4:30pm	Child (5-10yrs)	Amy (75)
4:30pm	Vinyasa Flow	Matt (75)
6:30pm	Vinyasa Flow	Barbara
7:00pm	All Levels	Paula (75)

Friday		
10:00am	Tot (20mo-4yrs)	Amy P (75)
10:00am	Vinyasa Flow	Angela (75)

Saturday		
7:30am	Early Risers	Amy Y (75)
9:00am	Hip Hop Yoga	Meg/Michelle
9:00am	Child (3-7yrs)	Amy P
10:30am	Prenatal	Meg/Michelle (75)
10:30am	All Levels	Paula (75)

Sunday		
9:00am	Ashtanga Vinyasa	Matt (90)
11:00am	Ashtanga Vinyasa	Matt (75)
1:30pm	Beginner Hatha	Dido (75)
1:30pm	Vinyasa Flow	Zakiyyah (75)
3:00pm	Restorative	Dido (90)
4:00pm	Vinyasa Flow	Michelle
4:45pm	All Levels	Cary

*All classes are 60 minutes unless otherwise indicated in parentheses.



Rates	Pass	Price	Duration
	Drop In	\$15	1 class
5 Class Pass	\$65	2 months	
10 Class Pass	\$120	3 months	
20 Class Pass	\$200	5 months	
Monthly Unlimited Pass	\$115/month	3 month commitment	
New Students Only: First class free with purchase of a class pass.			
Seniors & College Students w/ ID: 10% Off (All passes except Unlimited Pass.)			

Prajna Yoga Immersion
 with **Theresa Murphy**
 Special Guest for Tias Little and Prajna Yoga
 April 20-22, 2012

Kula Workshops

Here are some upcoming workshops at Kula. Check online for early bird discounts and to register.

Home School Kids' Yoga Series: Ages 5-10 with **Angela**
 Thursdays, Jan. 5 – Feb. 9, 10:15 – 11am

Zeal Yoga – Wellness Program for Seniors with **Dido**
 Fridays, Jan. 6, 2:00 – 3:30pm
 Fridays, Jan. 13 – Feb. 3, 2:00 – 3:15pm

Restorative with Tibetan Bowls and Gong with **Everitt**
 Saturdays, Jan. 7, 12:30 – 2:30pm

Yoga Therapy for Your Back with **Paula**
 Saturdays, Jan. 14, 12:00 – 2:00pm

Beginners' Hatha Series with **Dido**
 Sundays, Jan. 15 – Feb. 19, 1:30 – 2:45pm

Beginners' Hatha Series with **Paula**
 Thursdays, Jan. 19 – Feb. 23, 6:30 – 7:45 pm

Yoga for Runners with **Amy Y.**
 Saturdays, Jan. 21, 1:00 – 3:00pm

Thai Massage with **Gioconda**
 Saturdays, Jan. 10, 5 – 7pm

How to do Yoga with Toddlers – A Workshop for Parents with **Amy P.**
 Saturdays, Feb. 18, 4:00 – 5:30pm

Austin Kula Yoga
 2415 Exposition @ Windsor (one mile west of Mopac)
 512-542-3334 - www.AustinKulaYoga.com