



# FALL FLING

## *Function & Flow in Topanga Canyon* with Schuyler Grant & Matt Phippen October 27 - 29<sup>th</sup>

Squeeze out the last dregs of summer with a long-weekend love affair in Topanga Canyon. (Yes, for anyone who doesn't live in So Cal, late October still feels just like summer.) If you feel like rekindling the relationship you have with your body, you'll be thrilled to learn that Schuyler and Matt are the Estelle Perez and Dan Savage of intelligent movement. Matt's AM workshops offer mobility techniques to infuse your yoga practice with tools for increased strength and longevity, and Schuyler spices up her afternoon Kula Flow classes with just enough breathwork and restorative practices to leave you perfectly sated.

Don't be overwhelmed by the options between classes: You can hack your metabolism with some sauna/cold plunge, go on a hike in the Santa Monica Mountains, loiter around in the sweet local vibe of Topanga village, dash down to the beach for a dip (the water is still warm end of October!) or just cozy up with a book. Chef Shirley will spoil us with incredible locally sourced eats, and everyone is invited to cocktail hour badminton (zero experience required)

*(All levels are welcome, but a regular yoga practice is strongly recommended.)*

### CLASS SCHEDULE:

*(Arrive by 3:30pm Friday. Lodging may be available Thurs & Sun nights – inquire if interested.)*

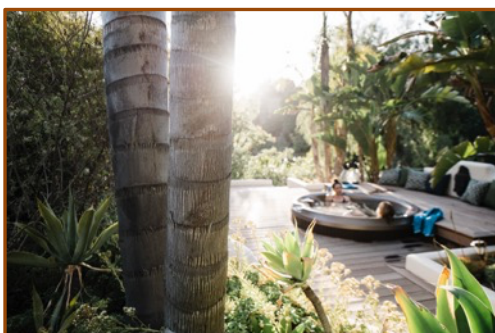
FRI 4:30-6:30pm – Kula Flow Class (Schuyler)

SAT 9-11am - Mobility Workshop (Matt)

SAT 4-6pm - Kula Flow Class (Schuyler)

SUN 9-11:30am - Mobility/Flow Mashup (Matt)

*(Depart after brunch or store your bags and stick around to explore Topanga or Malibu all day!)*





## OUR PLAYGROUND:

At the end of the end of the end of a road, perched atop a remote valley of the Santa Monica mountains, sits Topanga Commune: 10 acres of meandering paths, oak trees, palms and gardens abutting state land. You won't believe you are less than an hour from the heart of LA. The property has a main house, a guest house, 4 tea house private rooms, 3 sweet A-Frame cabins and room for camping. Lodging options range from a large master bedroom with a massive private bath to affordable (but still super dope) shared accommodations. Sleep on organic mattresses and linens and enjoy the bounty of LA's best local farmers for every home cooked meal. The property has a sauna, hot tub, plunge pool, basketball, badminton and a plethora of hammocks. Songwriter Neil Young lived on this property for many years and was deeply inspired by this magical spot. If there is anywhere in the world to find "a heart of gold," it may be here. *I want to live, I want to give. I've been a miner for a heart of gold. It's these expressions I never give that keep me searching for a heart of gold.* (Inquire if you are interested in staying additional nights at Commune Topanga a la carte.)

## PRICING: (register by September 1<sup>st</sup> and receive \$50 off any lodging option)

La Casa Master Suite (1 king bed + hideaway – private master bath): \$1150 (pp – double occ)

La Casa Double & Triple Rooms (2 & 3 twin beds – two rooms share full bath): \$950

La Casa Ladies Loft Lounge (6 twin beds – library and full bath): \$800

La Casita Doubles (2 twin beds – share full bath): \$950

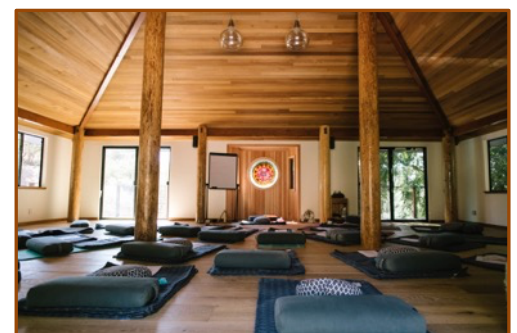
Tea House Singles (twin bed - share full bath): \$1050

A-Frame Cabins (2 twin beds – outdoor bathhouse - glamping option): \$950 shared / \$1500 solo

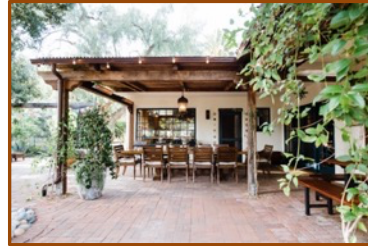
Camping / Commuters (outdoor bathhouse): \$600

*(Pricing is per person and includes all classes, meals, full property access, and taxes – but does not include tips)*

**QUESTIONS:** [schuyler@kulayoga.com](mailto:schuyler@kulayoga.com)     **TO REGISTER:** [kulayoga.com](http://kulayoga.com)



# LODGING OPTIONS



La Casa



La Casa Master Bedroom



La Casa Master Bath



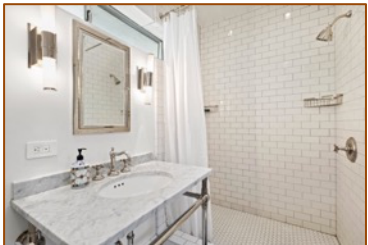
La Casa Double Room



La Casa Triple Room



Ladies Lounge Loft Room



Ladies Lounge Bathroom



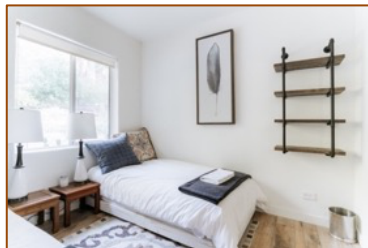
Ladies Lounge Closet



Ladies Lounge Library



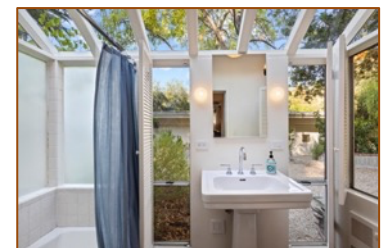
La Casita



La Casita Double Room I



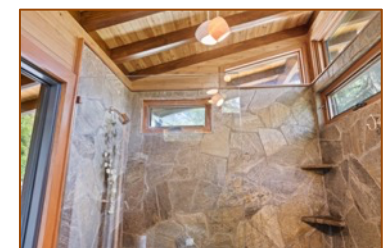
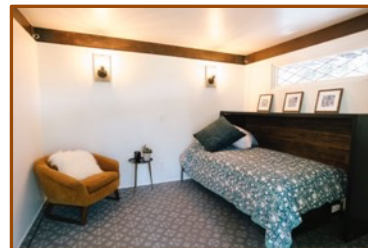
La Casita Double Room II



La Casita Bathroom



Tea House Singles



A-Frame Cabins

