

THE SWEETEST YOGA ON 124 STREET

REMEMBRANCE DAY WEEKEND HOURS

Open: Friday, November 8 for [Deep Exhale](#) – 5:30 - 6:30pm

Closed: Saturday, Sunday & Monday, November 9th – 11th

But wait ... you can still get a great practice in before the weekend. Classes include:

Wednesday, November 6 for [Vinyasa](#) at 7:30 – 8:45pm

Thursday, November 7 for [Thursday Night Flow](#) at 7:00 – 8:15pm

Hope to see you there.

SHOP THE BLOCK - Thursday, November 14

Each November the “Shop the Block” is a retail extravaganza of great clothes, beautiful jewelry and fragrances and even delicious teas. You will find some of the participating stores listed as [Kula Friends](#) on Sweet Kula’s website. Complete your retail frenzy with a therapeutic yoga class ([7:00 - 8:15pm](#)). Doesn’t get better than that!

KNOWING PEACE

In an age of the constant news cycle we cannot help but be aware of the heartbreaking conflict experienced by our brothers and sisters throughout the

world. If, in our own little cocoon, we live in peace, we are blessed.
The *Lovingkindness Prayer* is our offering to those near and far.

Lovingkindness Prayer

May you be safe
May you be happy
May you be healthy
May you live in freedom
May you know peace
May you walk through this life with ease

~Buddhist Prayer

It is with profound gratitude we remember those who have given so much, those who serve to protect and cultivate peace and their family and friends who support them.

Namaste
Sweet Kula Yoga