

THE SWEETEST YOGA ON 124 STREET

**There are three months
left in this decade.
In. This. Decade.**

Take that risk.

Now there's just **ONE** month left. Can you believe it? This is our Call to Action friends.

When I read this I was immediately transported back to those 6am swim practices when getting into that cold water, in the middle of January, was akin to pins in my eyes. It was more a barrier than a risk but the end result was the same. So, I made a plan. I set a time limit to wander around the deck, brooding about the cold and then start my workout. Once I was moving, it didn't take long to get warm and start to feel good. Now that I'm [considerably] older I try to skip the brooding part and just execute the plan. Creating excuses is easy, even for something I know is good for me. However, accepting that 10 years can go by so quickly, is a formidable motivator.

Sweet Kula would be honoured to be a part of your plan for a good life. We'll be glad to see you every time you come to class. If you want to add a home practice, we're happy to help with that too.

Speaking of plans ...

If your holiday season means some free time, what better way to use it than to evolve your yoga practice by coming to [December Staycation](#)? Join fellow yogis at Sweet Kula to intentionally close the year:

| December 2019 | | | | | | |
|--------------------------------------|--|-----------------------------------|---|--|---|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 23 rd Yoga Fundamentals 7:30-8:30pm | 24 th | 25 th Merry Christmas! NO classes | 26 th 9:30-11am Vinyasa Flow 7-8:15pm | 27 th 9:30-11am Restorative 5:30-6:30pm | 28 th Sunrise Vinyasa 8-9am |
| 29 th Yin 1-2pm | 30 th 9:30-11am Yoga Fundamentals 7:30-8:30pm | 31 st 9:30-11am | January 1 st 9:30-11:30am NO lunch or evening class | 2 nd Usual classes resume | | |

We will welcome in the next decade with a very special two hour class on New Year's Day, Wednesday, January 1, 2020 (MMXXXL).

[New Year, New Decade Celebration](#)

This is a FREE practice.

At Sweet Kula our mission is to create a community of happy yoga practitioners. Offering the New Year's Day class for free is the best way for us to honour our kula and a new beginning. We hope you'll come.

The longer classes will be more challenging but is suitable for everyone.

There are only 24 spots available, so reserve yours now. If your plans change, please cancel your reservation so someone from the waiting list can use it. Thank you for honouring this request.

Sweet Kula is immensely grateful for the support, encouragement and joy everyone has shared since our doors opened May 1st. Thank you so very much.

Wishing you and yours many blessings in the holiday season, 2020 and decade to come.

Wishing you and yours many blessings in the holiday season, 2020 and decade to come.

Namaste

Sweet Kula Yoga