

Kula Integrative Wellness

Kula Yoga Shala

We are honored to have served our community for over ten years, as a touchstone of: quality, integrity, & heart-centered connection.

Your Tribe

With a team of over twenty experienced practitioners, specializing in various complimentary and alternative modalities, we collaborate on your behalf, offering the utmost in integrative, client-centered care.

Your Journey

Our intention is to empower you with the education, skills, and support necessary to be an active participant in your healing process. We will work with you to identify and address the root cause of symptoms and design a comprehensive lifestyle plan, tailored to you. Restore balance and enhance vitality, nourished by your tribe and community,

**A Sanctuary for Inner Healing.
Align and Integrate:
Body, Mind, & Soul.**

Kula Healing Arts Center
kim@kulayogashala.com
www.kulayogashala.com/synergy

Kula Integrative Wellness

with Kula Healing
Arts Center

Make our Team, Your Team.

Integrative Wellness

SOLUTIONS

We've all had the experience of traveling between practitioners, feeling lost in the shuffle and unsure how to connect the dots.

Kula has created an initiative, partnering with Dr. Kim Vaccaro, ND and our tribe of diverse holistic practitioners, to curate multi-dimensional wellness programs that address your most essential health concerns.

Experience the synergistic difference with your team of health advocates.

Learn practical tools to build independence and enhance your healing between sessions.

Expand your practice and connect with community, in various Kula classes and workshops.

Choose between curated care-plans or work with us to customize a program to your specific needs & budget.

Concierge level care, in a sacred community space.

STRESS-MANAGEMENT

Chronic stress is the root of all chronic disease. This learned response "turns off" our innate healing capacity, drains vital energy and clouds our perceptions. Integrating traditional healing wisdom with leading-edge mind-body technology, you will reprogram your system to restore balance, build resiliency and enhance mood and mental clarity.

3 month Concentration

Includes over 24 holistic wellness services, for consistent, in-depth support.

6 month Concentration + Integration

Begin with regular restorative support and progress to a long-term maintenance plan. Includes over 36 private sessions.

INCLUDED SERVICES

Health & Lifestyle Consults
Acupuncture
Biofeedback & Meditation
Inner Activism Coaching
Therapeutic Massage
Private Svaroopā® Yoga Therapy
Aromatherapy

For pricing and to learn more, contact Dr. Kim Vaccaro at kim@kulayogashala.com

PAIN-MANAGEMENT

Eliminate pain at the source by reducing systemic inflammation and muscular tension. Restore proper alignment and retrain movement patterns for optimal function. Experience enhanced energy and physical performance as you establish lifestyle balance with nutritional and recovery support.

3 month Concentration

Includes over 24 holistic wellness services, for consistent, in-depth support.

6 month Concentration + Integration

Begin with regular restorative support and progress to a long-term maintenance plan. Includes over 36 private sessions.

INCLUDED SERVICES

Health & Lifestyle Consults
Chiropractic Care
Postural Alignment Training
Private Svaroopā® Yoga Therapy
Acupuncture
Therapeutic Massage
Health Coaching

Are you a holistic health professional, looking for an integrative team to partner with? Join our tribe!