

• Live Classes (times listed in EST)

AUGUST 2023

stråla 

Theme: Move like you love yourself

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		20 Minute Chill Yoga Flow & Settle In August	30 Minute Gentle Yoga	10 Minute Shiatsu and Chill	20 Minute Super-Strong Yoga Workout Powered by Tai Chi	• LIVE 10am EST 1 Hour Energize Yoga
6	7	8	9	10	11	12
• LIVE 10am EST 30 Min Gentle Yoga	45 Minute HIIT and Chill Wind Down	10 Minute Hips and Back Yoga Flow	30 Minute De-Stress Yoga	20 Minute Yoga for When You Feel Overwhelmed	10 Minute Tai Chi Meditation	• LIVE 10am EST 1 Hour Calm Yoga
13	14	15	16	17	18	19
• LIVE 10am EST 30 Min Relaxing Flow Yoga	20 Minute Calm Strong Yoga	40 Minute Yoga for Inspiration	30 Minute Shoulders and Back Release	45 Minute Energize Yoga	20 Minute Relaxed Tai Chi Chuan	• LIVE 10am EST 1 Hour Strong & Sweaty Yoga
20	21	22	23	24	25	26
• LIVE 10am EST 30 Min Gentle Yoga	45 Minute Yoga for a Fresh Start	10 Minute Tai Chi for the Morning	30 Minute Hip and Back Release	1 Hour Low Intensity Interval Yoga	15 Minute Do-What-You-Want Tai Chi for Life	• LIVE 10am EST 1 Hour Energize Yoga • LIVE 11:30am EST Strala Hangs! (on zoom)
27	28	29	30	30		
• LIVE 10am EST 30 Min Gentle Yoga	30 Minute Meditation and Focus Building Flow	20 Minute Spark Your Creativity Yoga Flow	20 Minute Drop the Tension Flow	30 Minute Grounded Yoga Flow - Earth		



Strala Reads of the Month
Strong in the Broken Places
by Quentin Vennie



#stralareads