



# AUGUST 2024

## SPECIAL EVENTS

August 7th: Meditation Event @ Sundays  
SOHO, NYC

• Live Classes (times listed in EST)

Theme: Soften. Let your breath move you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
 <p>#stralareads <b>THE LIGHT WORK</b> RELEASING YOUR EXHIBITED POWER. LIVING YOUR DEEPEST TRUTH. ILLUMINATING THE WORLD. JESSICA ZWEIG Foreword by Marianne Williamson Introduction by Marianne Williamson</p> <p>Strala Read of the Month <b>The Light Work</b> by Jessica Zweig</p> 				20 Minute Energize Yoga	15 Minute Tai Chi Chuan	30 Minute Energize Express
4	5	6	7	8	9	10
20 Minute Relax & Restore	30 Minute Yoga -> Weights -> Yoga	10 Minute Qigong Cardio Workout	30 Minute Meditation & Chill Yoga	45 Minute Strength & Stretch Yoga	10 Minute Everyday Qigong	• LIVE 9am EST 1 Hour Energize Yoga
11	12	13	14	15	16	17
20 Minute Restorative Yoga	45 Minute Yoga -> Weights -> Yoga	10 Minute Qigong Meditation	• LIVE 9am EST 30 Minute Gentle Yoga	30 Minute Breath Body Connection Flow - Air	10 Minute Everyday Tai Chi	• LIVE 9am EST 1 Hour Energize Yoga
18	19	20	21	22	23	24
30 Minute Strong & Calm Yoga	30 Minute Yoga -> Weights -> Yoga	20 Minute Tai Chi Way of Restorative Yoga	• LIVE 9am EST 30 Minute Gentle Yoga	20 Minute Chill Yoga Flow	15 Minute Tai Chi Chuan	• LIVE 9am EST 1 Hour Energize Yoga
25	26	27	28	29	30	31
30 Minute Yoga Tricks & Play	45 Minute Yoga -> Weights -> Yoga	10 Minute Tai Chi Mindfulness	• LIVE 9am EST 30 Minute Gentle Yoga	20 Minute HIIT Yoga Flow	20 Minute Yoga Workout Powered by Tai Chi	• LIVE 9am EST 1 Hour Energize Yoga