

# stråla April

## CALENDAR

• Live Classes (times listed in EST)

• Suggested Practice

Special Workshops

THIS MONTH'S THEME:  
REFRESH & RENEW YOU

With each inhale I am refreshed.  
With each exhale I am renewed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 • 2pm - 2:30 pm Workout Yoga	2 • 8am - 9am Taichi Workshop	3 • 8am - 9am Strong Yoga
4 • 30 minute Strong Flow - Fire	5 • 8am - 9am Intention Setting Meditation and Energize Practice	6 • 2pm - 2:30pm De-Stress Yoga	7 • 8am - 9am Gentle Yoga	8 • 2pm - 2:30 pm Workout Yoga	9 • 8am - 9am QiGong Workshop	10 • 8am - 9am Strong Yoga 2pm Art of Sequencing
11 • 20 minute Grounded flow - Earth	12 • 8am - 9am Intention Setting Meditation and Energize Practice	13 • 2pm - 2:30pm De-Stress Yoga	14 • 8am - 9am Gentle Yoga	15 • 2pm - 2:30 pm Workout Yoga	16 • 8am - 9am Taichi Workshop	17 • 8am - 9am Strong Yoga 2pm Shiatsu - Water Element
18 • Slow and Deep Restore	19 • 8am - 9am Intention Setting Meditation and Energize Practice	20 • 2pm - 2:30pm De-Stress Yoga	21 • 8am - 9am Gentle Yoga	22 • 2pm - 2:30 pm Workout Yoga	23 • 8am - 9am QiGong Workshop	24 • 8am - 9am Strong Yoga 2pm Refresh & Renew You Restorative Practice
25 • Nighttime Peace and Tranquility Practice	26 • 8am - 9am Intention Setting Meditation and Energize Practice	27 • 2pm - 2:30pm De-Stress Yoga	28 • 8am - 9am Gentle Yoga	29	30	31