

stråla December

THIS MONTH'S THEME:
Celebrate JOY
I choose to celebrate myself and
experience more joy.

- Live Classes (times listed in EST)
- Special Workshops

CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 • 8am - 9am Gentle Yoga	2 • 8am - 9am Workout Yoga	3 • 8am - 9am Tai chi	4 • 8am - 9am Strong Yoga
5 8am Dance of Life	6 • 8am - 9am Intention Setting Meditation & Energize Yoga	7 • 8am - 9am De-Stress Yoga	8 • 8am - 9am Gentle Yoga	9 • 8am - 9am Workout Yoga	10 • 8am - 9am Tai Chi	11 • 8am - 9am Strong Yoga
12 8am Yoga the Tai Chi Way	13 • 8am - 9am Intention Setting Meditation & Energize Yoga	14 • 8am - 9am De-Stress Yoga	15 • 8am - 9am Gentle Yoga	16 • 8am - 9am Workout Yoga	17 • 8am - 9am Tai Chi	18 • 8am - 9am Strong Yoga
19 8am Dance of Life	20 • 8am - 9am Intention Setting Meditation & Energize Yoga	21 • 8am - 9am De-Stress Yoga	22 • 8am - 9am Gentle Yoga	23 • 8am - 9am Workout Yoga	24 • 8am - 9am Tai Chi	25 • 8am - 9am Strong Yoga
26 8am Restorative Yoga	27 • 8am - 9am Intention Setting Meditation & Energize Yoga	28 • 8am - 9am De-Stress Yoga	29 • 8am - 9am Gentle Yoga	30 • 8am - 9am Workout Yoga	31 • 8am - 9am Tai Chi	