

• Live Classes (times listed in EST)

[Special Workshops](#)

THEME:

Express Yourself

FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 • 8am - 8:30am De-Stress Yoga	2 • 8am - 9am Gentle Yoga	3 • 8am - 8:30am Workout Yoga	3 • 8am - 8:30am Tai Chi & Qigong with Mike	5 • 8am - 9am Strong Yoga with Tara
6 • 8am The Dance of Life with Tara	7 • 8am - 9am Energize Yoga	8 • 8am - 8:30am De-Stress Yoga	9 • 8am - 9am Gentle Yoga	10 • 8am - 8:30am Workout Yoga	11 • 8am - 8:30am Tai Chi & Qigong with Mike	12 • 8am - 9am Strong Yoga with Tara
13 • 8am The Dance of Life with Tara	14 • 8am - 9am Energize Yoga	15 • 8am - 8:30am De-Stress Yoga	16 • 8am - 9am Gentle Yoga	17 • 8am - 8:30am Workout Yoga	18 • 8am - 8:30am Tai Chi & Qigong with Mike	19 • 8am - 9am Strong Yoga with Tara
20 • 8am The Dance of Life with Tara	21 • 8am - 9am Energize Yoga	22 • 8am - 8:30am De-Stress Yoga	23 • 8am - 9am Gentle Yoga	24 • 8am - 8:30am Workout Yoga	25 • 8am - 8:30am Tai Chi & Qigong with Mike	26 • 8am - 9am Strong Yoga with Tara
27 • 8am - 9am The Dance of Life with Tara	28 • 8am - 9am Energize Yoga					