

• Live Classes (times listed in EST)

[Special Workshops](#)

THEME:

Notice How You Feel & Respond

JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 • 8am Ease into Backbends with Tara	31 • 8am - 9am Energize Yoga					1 • 8am - 9am Strong Yoga with Tara
2 • 8am Yoga the Tai Chi Way with Mike	3 • 8am - 9am Energize Yoga	4 • 8am - 9am De-Stress Yoga	5 • 8am - 9am Gentle Yoga	6 • 8am - 9am Workout Yoga	7 • 8am - 9am Tai Chi & Qigong with Mike	8 • 8am - 9am Strong Yoga with Tara
9 • 8am The Dance of Life with Tara	10 • 8am - 9am Energize Yoga	11 • 8am - 9am De-Stress Yoga	12 • 8am - 9am Gentle Yoga	13 • 8am - 9am Workout Yoga	14 • 8am - 9am Tai Chi & Qigong with Mike	15 • 8am - 9am Strong Yoga with Tara
16 • 8am Restorative Yoga with Tara	17 • 8am - 9am Energize Yoga	18 • 8am - 9am De-Stress Yoga	19 • 8am - 9am Gentle Yoga	20 • 8am - 9am Workout Yoga	21 • 8am - 9am Tai Chi & Qigong with Mike	22 • 8am - 9am Strong Yoga with Tara
23 • 8am - 9am The Dance of Life with Tara	24 • 8am - 9am Energize Yoga	25 • 8am - 9am De-Stress Yoga	26 • 8am - 9am Gentle Yoga	27 • 8am - 9am Workout Yoga	28 • 8am - 9am Tai Chi & Qigong with Mike	29 • 8am - 9am Strong Yoga with Tara