

- Live Classes (*times listed in EST*)
- New
- Suggested Practices

JULY



THEME: Expect Good Things to Happen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 • 10 Minute Wrist Free Yoga					1 • 20 Minute Tai Chi Powered Workout	2 • 30 Minute Strong Yoga, Prepare for Good Things
3 • 15 Minute Handstand & Forearm Stand Made Easy	4 • 8am - 9am Meditation & Energize Yoga	5 • 20 Minute Everyday Yoga Practice	6 • 30 Minute Restorative Yoga	7 • 30 Minute Core Strong Yoga	8 • 20 Minute Tai Chi with Mike	9 • 30 Minute Strong Balance Challenge
10 • 20 Minute Yoga the Tai Chi Way	11 • 40 Minute HIIT Yoga	12 • 20 Minute Morning Practice for Calm and Ease	13 • 8am - 9am Gentle Yoga	14 • 30 Minute Fire it Up Flow	15 • 8am - 8:20am Tai Chi Powered Workout	16 • 8am - 9am Strong Yoga Tara
17 • 10 Minute Tai Chi for the Morning	18 • 8am - 9am Meditation & Energize Yoga	19 • 1 Hour Strong Yoga with Mike NYC	20 • 8am - 9am Gentle Yoga	21 • 1 Hour Yoga Workout in Utah	22 • 8am - 8:20am Tai Chi with Mike	23 • 8am - 9am Strong Yoga with Tara
24 • 10 Minute Tai Chi for Better Sleep	25 • 8am - 9am Meditation & Energize Yoga	26 • 1 Hour Slow Down, Soften, Feel, Respond	27 • 8am - 9am Gentle Yoga	28 • 30 Minute Lower Body Strong	29 • 8am - 8:20am Tai Chi with Mike	30 • 8am - 9am Strong Yoga with Tara