

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

# JUNE



**THEME:** Search Within - Create Your Own Unique Path

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ▪ 8am - 9am Gentle Yoga	2 ▪ 20 Minute Spark Creativity Yoga	3 ▪ 20 Minute Yoga Workout Whole Body	4 ▪ 8am - 9am Strong Yoga with Tara
5 ▪ 10, 15 & 20 Minute Everyday Yoga Practice	6 ▪ 8am - 8:30am Meditation & Energize Yoga	7 ▪ 20 Minute Morning Practice for Calm and Ease	8 ▪ 30 Minute De-stress Yoga	9 ▪ 20 Minute Softness Break	10 ▪ 30 Minute Wake Up Yoga	11 ▪ 1 Hour Strong Yoga with Tara
12 ▪ 20 Minute Tai Chi Energize Yoga with Mike	13 ▪ 30 Minute Meditation & Energize Yoga	14 ▪ 20 Minute Chill Out Yoga	15 ▪ 30 Minute Gentle Yoga	16 ▪ 30 Minute Core Strong Yoga	17 ▪ 1 Hour Slow Down Soften Feel Respond	18 ▪ 1 Hour Strong Yoga with Tara
19 ▪ 10 Minute Tai Chi Everyday Basics	20 ▪ 30 Minute Workout Yoga	21 ▪ 20 Minute Yoga for When You Feel Overwhelmed	22 ▪ 30 Minute De-stress Yoga	23 ▪ 1 Hour Gentle Yoga with People NYC Studio	24 ▪ 30 Minute Calming Flow - Water	25 ▪ 1 Hour Strong Yoga with Tara
26 ▪ 15 Minute Energize Dance Flow	27 ▪ 30 Minute Workout Yoga	28 ▪ 1 Hour Strong Yoga with Balance LA Studio	29 ▪ 30 Minute Gentle Yoga	30 ▪ 10 Minute Tai Chi Energy Boost		