



SPECIAL EVENTS

June 29-30th: Geneva Intensive Weekend

• Live Classes (times listed in EST)

Theme: You don't need a rest day from taking good care of you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 30 Minute Energize Yoga	Strala Read of the Month I Want You More by Swan Huntley 	 #stralareads				1 • LIVE 9am EST 1 Hour Energize Yoga
2 30 Minute Get it All Done Yoga Flow	3 30 Minute Strength Building with Weights - Yoga	4 15 Minute Tai Chi Chuan Practice	5 20 Minute Meditation & Chill	6 I Want You More Book themed Yoga: Inspired by Swan Huntley's book	7 10 Minute Tai Chi Core Workout	8 30 Minute Strong & Calm Yoga
9 20 Minute Focus & Balance Yoga	10 20 Minute Strength Training with Weights & Yoga Wind Down	11 10 Minute Everyday Qigong Practice	12 • LIVE 9am EST 30 Minute Gentle Yoga	13 20 Minute De-Stress Yoga	14 10 Minute Qigong Meditation	15 • LIVE 9am EST 1 Hour Energize Yoga
16 Guiding Strala Building Community	17 45 Minute Yoga Workout & Strength Building with Weights	18 10 Minute Everyday Tai Chi Practice	19 • LIVE 9am EST 30 Minute Gentle Yoga	20 30 Minute Relax Yoga	21 20 Minute Tai Chi Way of Challenging Yoga	22 • LIVE 9am EST 1 Hour Energize Yoga
23 20 Minute Yoga for Vitality	24 30 Minute Hard Poses Made Easy	25 15 Minute Tai Chi Chuan Practice	26 20 Minute Meditation & Restorative Yoga	27 20 Minute Energize Yoga the Tai Chi Way	28 10 Minute Tai Chi Mindfulness Practice	29 20 Minute Everything Yoga