

• Live Classes (times listed in EST)

• March Express

[Special Workshops](#)

THEME: TRUST YOUR INTUITION

I will make time to practice regularly so
I can hear, feel and trust my intuition.

MARCH



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 Ease into Backbends	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 • 30 Minute Workout Yoga	18 • 20 Minute Tai Chi	19 • 30 Minute Strong Yoga
20 • 30 Minute Dance of Life	21 • 30 Minute Energize Yoga	22 • 30 Minute 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 Restorative Yoga with Tara	28 • 8am - 9am Energize Yoga	29 • 8am - 8:30am De-Stress Yoga	30 • 8am - 9am Gentle Yoga	31 • 8am - 8:30am Workout Yoga		