




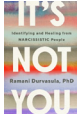
MARCH 2024

SPECIAL EVENTS

March 23rd, 2024: Yoga Class & Hang at Strala Farm Studio at Edition Farm, Hyde Park NY

• Live Classes (times listed in EST)

Theme: You are a Space Maker.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 • LIVE 9am EST 1 Hour Energize Yoga	Strala Reads of the Month  Blank! by Zibby Owens	#stralareads  IT'S NOT YOU by Dr. Ramani Durvasula	It's Not You by Dr. Ramani Durvasula		1 15 Minute Daily Qigong Practice	2 40 Minute Plain Bagel Yoga
3 30 Minute Get it All In Yoga	4 20 Minute HIIT Yoga	5 15 Minute Daily Tai Chi Practice	6 • LIVE 9am EST 30 Minute Gentle Yoga	7 Guiding Strala Workshop Building Progression with Sequencing	8 10 Minute Tai Chi Core Workout	9 30 Minute Poppy seed Bagel Yoga
10 • LIVE 9am EST 1 Hour Energize Yoga	11 20 Minute Core Strong Yoga	12 10 Minute Tai Chi Way of Planks & Pushups	13 30 Minute Meditate & Restorative Yoga	14 20 Minute Plot Twist Yoga <i>Inspired by Blank! by Zibby Owens</i>	15 10 Minute Tai Chi Way of Sun Salutes	16 45 Minute Feel Good Yoga
17 • LIVE 9am EST 1 Hour Energize Yoga	18 20 Minute Yoga Workout	19 20 Minute Tai Chi Way of Relaxing Yoga	20 20 Minute Meditation & Stretch it Out Yoga	21 20 Minute Yoga for Healing & Growth <i>Inspired by It's Not You by Dr. Ramani Durvasula</i>	22 10 Minute Tai Chi Balancing Practice	23 30 Minute Yoga Tricks Made Easy
24 • LIVE 9am EST 1 Hour Let it Flow Yoga	25 40 Minute Calm & Strong Yoga	26 10 Minute Qigong Calming Practice	27 20 Minute Super Gentle Yoga	28 20 Minute Every Day Yoga	29 10 Minute Tai Chi Walk	30 40 Minute Weekend Ready Yoga