

# stråla November

- Live Classes (times listed in EST)
  - Special event: *American Thanksgiving Yogathon for the Whole Family*
- Workshops

THIS MONTH'S THEME:  
**I'm committing to working on my relationship with myself.**

When I make a good relationship with myself  
I make good relationships with others.

## CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 • 8am - 9am Intention Setting Meditation and Energize Practice	2 • 8am - 8:30am De-Stress Yoga	3 • 8am - 9am Gentle Yoga	4 • 8am - 8:30am Workout Yoga	5 • 8am - 9am Taichi w/ Mike	6 • 8am - 9am Strong Yoga
7 8am Moving in Alignment Yoga Workshop with Tara	8 • 8am - 9am Intention Setting Meditation and Energize Practice	9 • 8am - 8:30am De-Stress Yoga	10 • 8am - 9am Gentle Yoga	11 • 8am - 8:30am Workout Yoga	12 • 8am - 9am Taichi w/ Mike	13 • 8am - 9am Strong Yoga
14 8am Restorative Workshop with Tara	15 • 8am - 9am Intention Setting Meditation and Energize Practice	16 • 8am - 8:30am De-Stress Yoga	17 • 8am - 9am Gentle Yoga	18 • 8am - 8:30am Workout Yoga	19 • 8am - 9am Taichi w/ Mike	20 • 8am - 9am Strong Yoga
21 8am Yoga the Tai Chi Way with Mike	22 • 8am - 9am Intention Setting Meditation and Energize Practice	23 • 8am - 8:30am De-Stress Yoga	24 • 8am - 9am Gentle Yoga	25 • 8am - 9am Energize Yoga <i>American Thanksgiving Yogathon for the Whole Family 10am - 10pm</i>	26 • 8am - 9am Taichi w/ Mike	27 • 8am - 9am Strong Yoga
28 8am The Dance of Life - Just for Fun with Tara	29 • 8am - 9am Intention Setting Meditation and Energize Practice	30 • 8am - 8:30am De-Stress Yoga				