

stråla October CALENDAR

- Live Classes (times listed in EST)
- Wednesdays: New Classes
- Special Workshops
- Strala Online Intensive Training: Healing and Support for Trauma (Oct 15, 16, 17)

THIS MONTH'S THEME:
I Can Heal - When I take good care
of myself regularly I make space
for lasting healing.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 8am Energize Yoga					1 8am - 9am Taichi Workshop	2 8am - 9am Strong Yoga
3 8am Moving in Alignment Workshop	4 8am - 9am Intention Setting Meditation and Energize Practice	5 2pm - 2:30pm De-Stress Yoga	6 8am - 9am Gentle Yoga 15 Minute Yoga for When You Feel Overwhelmed	7 2pm - 2:30 pm Workout Yoga	8 8am - 9am QiGong Workshop	9 8am - 9am Strong Yoga
10 8am Restorative Yoga Workshop	11 8am - 9am Intention Setting Meditation and Energize Practice	12 2pm - 2:30pm De-Stress Yoga	13 8am - 9am Gentle Yoga 20 Minute Hip & Back Release	14 2pm - 2:30 pm Workout Yoga	15 8am - 9am Taichi Workshop	16 8am - 9am Strong Yoga
17 8am Yoga the Tai Chi Way with Mike	18 8am - 9am Intention Setting Meditation and Energize Practice	19 2pm - 2:30pm De-Stress Yoga	20 8am - 9am Gentle Yoga 20 Minute Tai Chi for Healing	21 2pm - 2:30 pm Workout Yoga	22 8am - 9am QiGong Workshop	23 8am - 9am Strong Yoga
24 8am Yoga as a Workout with Mike	25 8am - 9am Intention Setting Meditation and Energize Practice	26 2pm - 2:30pm De-Stress Yoga	27 8am - 9am Gentle Yoga 15 Minute Yoga for When You Feel Overwhelmed	28 2pm - 2:30 pm Workout Yoga	29 8am - 9am QiGong Workshop	30 8am - 9am Strong Yoga