

- Live Classes (times listed in EST)
- New
- Suggested Practices

Oct 8-14: Strala Online 100+Hour Kids Yoga Teacher Training

THEME: Let your breath move you

OCTOBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <ul style="list-style-type: none"> • New <p>How to Use Tai Chi Foundations in Yoga Workshop & Flow with Tara</p>	<p>31</p> <ul style="list-style-type: none"> • 30 Minute <p>Halloween HIIT Yoga with Tara</p>					<p>1</p> <ul style="list-style-type: none"> • 8am <p>1 HR Strong Yoga + After-Class Q&A</p>
<p>2</p> <ul style="list-style-type: none"> • 10 Minutes <p>Pilates Power with Jillian Michaels</p>	<p>3</p> <ul style="list-style-type: none"> • 30 Minute <p>Meditation & Calm Yoga with Tara</p>	<p>4</p> <ul style="list-style-type: none"> • 20 Minute <p>Workout Yoga with Tara</p>	<p>5</p> <ul style="list-style-type: none"> • 1 Hour <p>Gentle Yoga with Tara</p>	<p>6</p> <ul style="list-style-type: none"> • 40 Minute <p>Workout HIIT Yoga</p>	<p>7</p> <ul style="list-style-type: none"> • 20 Minute <p>Tai Chi Powered Workout with Mike</p>	<p>8</p> <ul style="list-style-type: none"> • 8am <p>1 HR Strong Yoga + After-Class Q&A</p>
<p>9</p> <ul style="list-style-type: none"> • 20 Minute <p>Yoga for Flexibility</p>	<p>10</p> <ul style="list-style-type: none"> • 20 Minute <p>Slow and Steady Strong Yoga with Tara</p>	<p>11</p> <ul style="list-style-type: none"> • 30 Minute <p>Strong Flow - Fire</p>	<p>12</p> <ul style="list-style-type: none"> • 1 Hour <p>Restorative Yoga with Tara</p>	<p>13</p> <ul style="list-style-type: none"> • 30 Minute <p>Core Strong Yoga</p>	<p>14</p> <ul style="list-style-type: none"> • 20 Minute <p>Tai Chi & Qigong with Mike</p>	<p>15</p> <ul style="list-style-type: none"> • 8am <p>1 HR Strong Yoga + After-Class Q&A</p>
<p>16</p> <ul style="list-style-type: none"> • 30 Minute <p>De-Stress Yoga with Tara</p>	<p>17</p> <ul style="list-style-type: none"> • 20 Minute <p>Core Strength Yoga with Tara</p>	<p>18</p> <ul style="list-style-type: none"> • 30 Minutes <p>Yoga for Flexibility</p>	<p>19</p> <ul style="list-style-type: none"> • 1 Hour <p>Gentle Yoga with Tara</p>	<p>20</p> <ul style="list-style-type: none"> • 20 Minute <p>Morning Practice for Calm and Ease</p>	<p>21</p> <ul style="list-style-type: none"> • 20 Minute <p>Tai Chi Chuan with Mike</p>	<p>22</p> <ul style="list-style-type: none"> • 8am <p>1 HR Strong Yoga + After-Class Q&A</p>
<p>23</p> <ul style="list-style-type: none"> • 20 Minute <p>Start the Day Fresh Yoga with Tara</p>	<p>24</p> <ul style="list-style-type: none"> • 20 Minute <p>Shoulders and Back Release Flow</p>	<p>25</p> <ul style="list-style-type: none"> • 30 Minutes <p>Head, Neck and Shoulders with Tara</p>	<p>26</p> <ul style="list-style-type: none"> • 1 Hour <p>Gentle Yoga with Tara</p>	<p>27</p> <ul style="list-style-type: none"> • 20 Minute <p>Softness Break with Tara</p>	<p>28</p> <ul style="list-style-type: none"> • 20 Minute <p>Tai Chi & Qigong with Mike</p>	<p>29</p> <ul style="list-style-type: none"> • 8am <p>1 HR Strong Yoga + After-Class Q&A</p>