

stråla August CALENDAR

- Live Classes (times listed in EST)
- Bonus classes premiere:
10 Minute Summer Series - Wednesdays
- Special Workshops

THIS MONTH'S THEME:
**You deserve a fresh start. I choose
to be gentle with myself as I work
toward progress.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8am Changing Bad Habits & Moving Toward Progress	2 8am - 9am Intention Setting Meditation and Energize Practice	3 2pm - 2:30pm De-Stress Yoga	4 8am - 9am Gentle Yoga 10 Minute Gentle Yoga	5 2pm - 2:30 pm Workout Yoga	6 8am - 9am Taichi Workshop	7 8am - 9am Strong Yoga
8 8am Yoga the Tai Chi Way with Mike	9 8am - 9am Intention Setting Meditation and Energize Practice	10 2pm - 2:30pm De-Stress Yoga	11 8am - 9am Gentle Yoga 10 Minute Moving Meditation	12 2pm - 2:30 pm Workout Yoga	13 8am - 9am QiGong Workshop	14 8am - 9am Strong Yoga
15 8am Restorative Yoga	16 8am - 9am Intention Setting Meditation and Energize Practice	17 2pm - 2:30pm De-Stress Yoga	18 8am - 9am Gentle Yoga 10 Minute Yoga Tricks	19 2pm - 2:30 pm Workout Yoga	20 8am - 9am Taichi Workshop	21 8am - 9am Strong Yoga
22 8am Moving in Alignment Yoga Practice	23 8am - 9am Intention Setting Meditation and Energize Practice	24 2pm - 2:30pm De-Stress Yoga	25 8am - 9am Gentle Yoga 10 Minute Handstands with Ease	26 2pm - 2:30 pm Workout Yoga	27 8am - 9am QiGong Workshop	28 8am - 9am Strong Yoga
29 8am Core Strength & Arm Balances with Ease	30 8am - 9am Intention Setting Meditation and Energize Practice	31 2pm - 2:30pm De-Stress Yoga				