



Releases Dec 28th

"Tara Stiles shows us how to slow down and realign with our natural radiance. *Clean Mind, Clean Body* is an easy reset for feeling and living better." — DEEPAK CHOPRA

• **Live Classes** (times listed in EST)

Special Workshops

stråla *December* CALENDAR

THIS MONTH'S THEME
Inner Peace – I choose peace.
When I feel disconnected I soften
and return to peace.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 • 2pm - 2:30pm De-Stress Yoga	2 • 8am - 9am Gentle Yoga	3 • 2pm - 3pm De-Stress Yoga	4 • 8am - 9am Tai Chi	5 • 8am - 9am Strong Yoga • 2pm - 2:30pm Chair Yoga - Easy Seat
6	7 • 8am - 9am Intention Setting Meditation and Energize Practice	8 • 2pm - 2:30pm De-Stress Yoga	9 • 8am - 9am Gentle Yoga	10 • 2pm - 3pm De-Stress Yoga	11 • 8am - 9am Tai Chi	12 • 8am - 9am Strong Yoga • 2pm - 2:30pm Chair Yoga - Balance
13	14 • 8am - 9am Intention Setting Meditation and Energize Practice	15 • 2pm - 2:30pm De-Stress Yoga	16 • 8am - 9am Gentle Yoga	17 • 2pm - 3pm De-Stress Yoga	18 • 8am - 9am Tai Chi	19 • 8am - 9am Strong Yoga • 2pm - 2:30pm Grace & Coordination
20	21 • 8am - 9am Intention Setting Meditation and Energize Practice	22 • 2pm - 2:30pm De-Stress Yoga	23 • 8am - 9am Gentle Yoga	24 • 2pm - 3pm De-Stress Yoga	25 • 8am - 9am Tai Chi • 2pm - 3pm Celebration Yoga	26 • 8am - 9am Strong Yoga
27	28 • 8am - 9am Intention Setting Meditation and Energize Practice	29 • 2pm - 2:30pm De-Stress Yoga	30 • 8am - 9am Gentle Yoga	31 • 2pm - 3pm De-Stress Yoga • 10pm - 11pm New Beginnings		