

stråla July CALENDAR

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

THIS MONTH'S THEME:
A BETTER WAY
I believe in a better way.
Every breath is an opportunity
to feel and do better.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 • 2pm - 2:30 pm Workout Yoga	2 • 8am - 9am Taichi Workshop	3 • 8am - 9am Strong Yoga
4 8am Freedom Flow Hips & Backbends with Tara	5 • 8am - 9am Intention Setting Meditation and Energize Practice	6 • 2pm - 2:30pm De-Stress Yoga	7 • 8am - 9am Gentle Yoga • 10 Minute Meditation and Breathing Techniques	8 • 2pm - 2:30 pm Workout Yoga	9 • 8am - 9am QiGong Workshop	10 • 8am - 9am Strong Yoga
11 8am Partner Shiatsu with Mike & Tara	12 • 8am - 9am Intention Setting Meditation and Energize Practice	13 • 2pm - 2:30pm De-Stress Yoga	14 • 8am - 9am Gentle Yoga • 10 Minute Whole Body Strong	15 • 2pm - 2:30 pm Workout Yoga	16 • 8am - 9am Taichi Workshop	17 • 8am - 9am Strong Yoga
18 8am Yoga the Tai Chi way with Mike	19 • 8am - 9am Intention Setting Meditation and Energize Practice	20 • 2pm - 2:30pm De-Stress Yoga	21 • 8am - 9am Gentle Yoga • 10 Minute Feel Good Stretch	22 • 2pm - 2:30 pm Workout Yoga	23 • 8am - 9am QiGong Workshop	24 • 8am - 9am Strong Yoga
25 8am Super Restorative with Tara	26 • 8am - 9am Intention Setting Meditation and Energize Practice	27 • 2pm - 2:30pm De-Stress Yoga	28 • 8am - 9am Gentle Yoga • 10 Minute Core Strength	29 • 2pm - 2:30 pm Workout Yoga	30 • 8am - 9am QiGong Workshop	31 • 8am - 9am Strong Yoga