

stråla June CALENDAR

- Live Classes (times listed in EST)
- Suggested Practice

Special Workshops

THIS MONTH'S THEME:
HANG IN THE AWESOME PLACE
I move with care so I can hang in
the awesome place.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|----------------------------------|---------------------------------------|--------------------------------------|---|
| | | 1 | 2 | 3 • 2pm - 2:30 pm Workout Yoga | 4 • 8am - 9am Taichi Workshop | 5 • 8am - 9am Strong Yoga 2pm Special Community Meet Up |
| 6 • 1 Hr Strala Energize with People | 7 • 8am - 9am Intention Setting Meditation and Energize Practice | 8 • 2pm - 2:30pm De-Stress Yoga | 9 • 8am - 9am Gentle Yoga | 10 • 2pm - 2:30 pm Workout Yoga | 11 • 8am - 9am QiGong Workshop | 12 • 8am - 9am Strong Yoga 2pm Partner Yoga with Mike & Tara |
| 13 • 20 minutes All Over Restore | 14 • 8am - 9am Intention Setting Meditation and Energize Practice | 15 • 2pm - 2:30pm De-Stress Yoga | 16 • 8am - 9am Gentle Yoga | 17 • 2pm - 2:30 pm Workout Yoga | 18 • 8am - 9am Taichi Workshop | 19 • 8am - 9am Strong Yoga 2pm Shiatsu Chat & Practice with Sam Berlind & Tara |
| 20 • 20 minutes Tai Chi for a Healthy Back | 21 • 8am - 9am Intention Setting Meditation and Energize Practice | 22 • 2pm - 2:30pm De-Stress Yoga | 23 • 8am - 9am Gentle Yoga | 24 • 2pm - 2:30 pm Workout Yoga | 25 • 8am - 9am QiGong Workshop | 26 • 8am - 9am Strong Yoga 2pm Summer Stretch with Tara |
| 27 • 20 minutes Sensitizing Meditation | 28 • 8am - 9am Intention Setting Meditation and Energize Practice | 29 • 2pm - 2:30pm De-Stress Yoga | 30 • 8am - 9am Gentle Yoga | | | |