

# stråla May CALENDAR

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

## Special Workshops

THIS MONTH'S THEME: CALM  
I create calm. When I choose to  
center myself, I create calm for me  
and the world around me.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 • 1 Hr Power Yoga Workout	31					1 • 8am - 9am Strong Yoga 2pm Refresh & Renew You Workshop
2 • 1 Hr Strala Calm	3 • 8am - 9am Intention Setting Meditation and Energize Practice	4 • 2pm - 2:30pm De-Stress Yoga	5 • 8am - 9am Gentle Yoga	6 • 2pm - 2:30 pm Workout Yoga	7 • 8am - 9am QiGong Workshop	8 • 8am - 9am Strong Yoga
9 • 20 minutes Morning Practice for Calm & Ease	10 • 8am - 9am Intention Setting Meditation and Energize Practice	11 • 2pm - 2:30pm De-Stress Yoga	12 • 8am - 9am Gentle Yoga	13 • 2pm - 2:30 pm Workout Yoga	14 • 8am - 9am TaiChi Workshop	15 • 8am - 9am Strong Yoga 2pm Calm Flow with Mike
16 • 30 minutes Relax Yoga for Creativity	17 • 8am - 9am Intention Setting Meditation and Energize Practice	18 • 2pm - 2:30pm De-Stress Yoga	19 • 8am - 9am Gentle Yoga	20 • 2pm - 2:30 pm Workout Yoga	21 • 8am - 9am QiGong Workshop	22 • 8am - 9am Strong Yoga 2pm Shiatsu Chat & Practice
23 • 20 minutes Tai Chi Morning Routine	24 • 8am - 9am Intention Setting Meditation and Energize Practice	25 • 2pm - 2:30pm De-Stress Yoga	26 • 8am - 9am Gentle Yoga	27 • 2pm - 2:30 pm Workout Yoga	28 • 8am - 9am TaiChi Workshop	29 • 8am - 9am Strong Yoga