

- Yoga/Meditation
- Shiatsu
- Tai Chi
- Live (times listed in EST)
- Special Workshops

stråla October CALENDAR

THIS MONTH'S THEME: NOURISHMENT

I move toward what nourishes my
whole self. When I feel out of balance,
I come back to what nourishes me.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 • 2pm - 2:30pm Workout Yoga • Get Grounded Flow 30 Minute	2 • 8am - 8:30am Tai Chi Chaun Sequence Practice • Strala Strong 1 Hour Practice	3 • 8am - 9am Strong Yoga • Chill Out Yoga 20 Minutes
4 • 2pm Self Care Workshop • Yoga For Anxiety 10 Minutes	5 • 8am - 9am Meditation & Energize Yoga 1 Hr • Wind Down Yoga 15 Minutes	6 • 2pm - 2:30pm De-stress Yoga • Shiatsu For Super Facial	7 • 8am - 9am Gentle Yoga • Tai Chi Morning Routine 20 Minutes	8 • 2pm - 2:30pm Workout Yoga • Breath Body Connected Meditation 10 Minutes	9 • 8am - 8:30am Tai Chi Chaun Sequence Practice • Strala Gentle Yoga With People 1 Hour	10 • 8am - 9am Strong Yoga • Softness Break 20 Minutes
11 • 2pm Nourishment Meditation & Kitchen Chat • Shiatsu For Digital Drama	12 • 8am - 9am Meditation & Energize Yoga 1 Hr • Yoga For A Healthy Back 25 Minutes	13 • 2pm - 2:30pm De-stress Yoga • Change Your Relationship With Challenge 20 Minutes	14 • 8am - 9am Gentle Yoga • Tai Chi For Beginners 30 Minutes	15 • 2pm - 2:30pm Workout Yoga • Water Meditation 10 Minutes	16 • 8am - 8:30am Tai Chi Chaun Sequence Practice • Gentle Yoga With Tai Chi Flow With Mike 1 Hour	17 • 8am - 9am Strong Yoga • Yoga For Inspiration 40 Minutes
18 • Couch Shiatsu	19 • 8am - 9am Meditation & Energize Yoga 1 Hr • Lingering Meditation 20 Minutes	20 • 2pm - 2:30pm De-stress Yoga • Let It Flow Yoga 1 Hour	21 • 8am - 9am Gentle Yoga • Tai Chi Bedtime Routine 20 Minutes	22 • 2pm - 2:30pm Workout Yoga • Morning Meditation & Yoga 30 Minutes	23 • 8am - 8:30am Tai Chi Chaun Sequence Practice • Nighttime Peace & Tranquility Practice 20 Minutes	24 • 8am - 9am Strong Yoga • Hips & Back Deep Restore 30 Minutes
25 • 2pm - 3pm Relax Yoga With Mike • Shiatsu At Home	26 • 8am - 9am Meditation & Energize Yoga 1 Hr • Slow Down, Soften, Feel, Respond Yoga 1 Hour	27 • 2pm - 2:30pm De-stress Yoga • All Over Restore Routine 20 Minutes	28 • 8am - 9am Gentle Yoga • Tai Chi Energize Yoga Flow 1 Hour	29 • 2pm - 2:30pm Workout Yoga • Sensitizing Meditation 20 Minutes	30 • 8am - 8:30am Tai Chi Chaun Sequence Practice • Slow & Deep Restore Routine 30 Minutes	31 • 8am - 9am Strong Yoga • Yoga For Pandas 10 Minutes