

# stråla September

## CALENDAR

- Live Classes (times listed in EST)
  - Wednesdays: Fresh Vibes for Fall Practices
- Special Workshops

THIS MONTH'S THEME:  
Now is the Time for Self Care  
I commit to making self care a  
lasting part of my life.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <ul style="list-style-type: none"> <li>• 8am - 9am Gentle Yoga</li> <li>• 20 Minute Full Body Total Mind Yoga Workout</li> </ul>	2 <ul style="list-style-type: none"> <li>• 2pm - 2:30 pm Workout Yoga</li> </ul>	3 <ul style="list-style-type: none"> <li>• 8am - 9am Taichi Workshop</li> </ul>	4 <ul style="list-style-type: none"> <li>• 8am - 9am Strong Yoga</li> </ul>
5 <ul style="list-style-type: none"> <li>• 8am Moving in Alignment with Tara</li> </ul>	6 <ul style="list-style-type: none"> <li>• 8am - 9am Intention Setting Meditation and Energize Practice</li> </ul>	7 <ul style="list-style-type: none"> <li>• 2pm - 2:30pm De-Stress Yoga</li> </ul>	8 <ul style="list-style-type: none"> <li>• 8am - 9am Gentle Yoga</li> <li>• 45 Minute Energize Yoga</li> </ul>	9 <ul style="list-style-type: none"> <li>• 2pm - 2:30 pm Workout Yoga</li> </ul>	10 <ul style="list-style-type: none"> <li>• 8am - 9am QiGong Workshop</li> </ul>	11 <ul style="list-style-type: none"> <li>• 8am - 9am Strong Yoga</li> </ul>
12 <ul style="list-style-type: none"> <li>• 8am Restorative Yoga with Tara</li> </ul>	13 <ul style="list-style-type: none"> <li>• 8am - 9am Intention Setting Meditation and Energize Practice</li> </ul>	14 <ul style="list-style-type: none"> <li>• 2pm - 2:30pm De-Stress Yoga</li> </ul>	15 <ul style="list-style-type: none"> <li>• 8am - 9am Gentle Yoga</li> <li>• 45 Minute Calm Yoga</li> </ul>	16 <ul style="list-style-type: none"> <li>• 2pm - 2:30 pm Workout Yoga</li> </ul>	17 <ul style="list-style-type: none"> <li>• 8am - 9am Taichi Workshop</li> </ul>	18 <ul style="list-style-type: none"> <li>• 8am - 9am Strong Yoga</li> </ul>
19 <ul style="list-style-type: none"> <li>• 8am Yoga the Tai Chi Way with Mike</li> </ul>	20 <ul style="list-style-type: none"> <li>• 8am - 9am Intention Setting Meditation and Energize Practice</li> </ul>	21 <ul style="list-style-type: none"> <li>• 2pm - 2:30pm De-Stress Yoga</li> </ul>	22 <ul style="list-style-type: none"> <li>• 8am - 9am Gentle Yoga</li> <li>• 20 Minute Tai Chi Wake Up</li> </ul>	23 <ul style="list-style-type: none"> <li>• 2pm - 2:30 pm Workout Yoga</li> </ul>	24 <ul style="list-style-type: none"> <li>• 8am - 9am QiGong Workshop</li> </ul>	25 <ul style="list-style-type: none"> <li>• 8am - 9am Strong Yoga</li> </ul>
26 <ul style="list-style-type: none"> <li>• 8am Avoiding Burnout with Yoga</li> </ul>	27 <ul style="list-style-type: none"> <li>• 8am - 9am Intention Setting Meditation and Energize Practice</li> </ul>	28 <ul style="list-style-type: none"> <li>• 2pm - 2:30pm De-Stress Yoga</li> </ul>	29 <ul style="list-style-type: none"> <li>• 8am - 9am Gentle Yoga</li> <li>• 20 Minute Yoga for Flexibility</li> </ul>	30 <ul style="list-style-type: none"> <li>• 2pm - 2:30 pm Workout Yoga</li> </ul>		