

# 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 • 2pm - 2:30pm De-Stress Yoga	2 • 8am - 9am Gentle Yoga	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			