

# stråla September CALENDAR

- Yoga/Meditation
- Shiatsu
- Tai Chi
- Live

THIS MONTH'S THEME  
**Our Wellbeing is Interconnected**  
 When we take good care of ourselves  
 we can take good care of others.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <ul style="list-style-type: none"> <li>• 2pm EST Live De-Stress Flow 30 Min</li> <li>• Breath Body Connected Flow 30 Min</li> </ul>	2 <ul style="list-style-type: none"> <li>• 8am EST Live Gentle Yoga 1 hr</li> <li>• Softness Break (Anxiety Series) 20 Min</li> </ul>	3 <ul style="list-style-type: none"> <li>• 2pm EST Live Yoga Workout 30 Min</li> <li>• Who am I Meditation (Your Daily Meditation Practice)</li> </ul>	4 <ul style="list-style-type: none"> <li>• 8am EST Live Tai Chi Sequence Workshop 1 hr</li> <li>• Strala Calm Yoga 20 Min</li> </ul>	5 <ul style="list-style-type: none"> <li>• 8am EST Live Strong Yoga 1 hr</li> <li>• Chill Out Yoga 20 Min</li> </ul>
6 <ul style="list-style-type: none"> <li>• Let it Flow Yoga 1 hr</li> <li>• Couch Shiatsu 10 Min</li> </ul>	7 <ul style="list-style-type: none"> <li>• 8 am EST Live Meditation &amp; Energize Yoga 1 hr</li> <li>• Strong Yoga with Mike 30 Min</li> </ul>	8 <ul style="list-style-type: none"> <li>• 2pm EST Live Workout Yoga 30 Min</li> <li>• Tai Chi for a Healthy Back 20 Min</li> </ul>	9 <ul style="list-style-type: none"> <li>• 8am EST Live Gentle Yoga 1 hr</li> <li>• Nighttime Peace &amp; Tranquility (Anxiety Series) 20 Min</li> </ul>	10 <ul style="list-style-type: none"> <li>• 2pm EST Live Yoga Workout 30 Min</li> <li>• Relax Yoga for Creativity 30 Min</li> </ul>	11 <ul style="list-style-type: none"> <li>• 8am EST Live Tai Chi Sequence Workshop 1 hr</li> <li>• Change Your Relationship with Challenge (Anxiety Series) 20 Min</li> </ul>	12 <ul style="list-style-type: none"> <li>• 8am EST Live Strong Yoga 1 hr</li> <li>• Strala Core 30 Min</li> </ul>
13 <ul style="list-style-type: none"> <li>• Strala Energize with People 1 hr</li> <li>• Shiatsu for Lower Back Pain 10 Min</li> </ul>	14 <ul style="list-style-type: none"> <li>• 8am EST Live Meditation &amp; Energize Practice 1 hr</li> <li>• Whole Body Flexibility (Beginners Series) 20 Min</li> </ul>	15 <ul style="list-style-type: none"> <li>• 2pm EST Live De-Stress Yoga</li> <li>• Core Strength (Beginners Series) 20 Min</li> </ul>	16 <ul style="list-style-type: none"> <li>• 8 am EST Live Gentle Yoga 1hr</li> <li>• Energy Boost Yoga 15 Min</li> </ul>	17 <ul style="list-style-type: none"> <li>• 2pm EST Live Yoga Workout 30 Min</li> <li>• Relax with Tai Chi Flow with Mike 1 hr</li> </ul>	18 <ul style="list-style-type: none"> <li>• 8am EST Live Tai Chi Sequence Workshop 1 hr</li> <li>• Energize with Tai Chi Flow 1 hr</li> </ul>	19 <ul style="list-style-type: none"> <li>• 8 am EST Live Strong Yoga 1hr</li> <li>• Water meditation 10 Min</li> </ul>
20 <ul style="list-style-type: none"> <li>• Yoga Workout (Yoga Workout Series) 1 Hr</li> <li>• Shiatsu with a Partner 20 Min</li> </ul>	21 <ul style="list-style-type: none"> <li>• 8am EST Live Meditation &amp; Energize Yoga 1hr</li> <li>• Fire it Up Flow 30 Min</li> </ul>	22 <ul style="list-style-type: none"> <li>• 2pm EST De-stress Yoga 30 Min</li> <li>• Your Daily Practice 30 Min</li> </ul>	23 <ul style="list-style-type: none"> <li>• 8 am EST Live Gentle Yoga 1hr</li> <li>• Tai Chi morning routine 20 Min</li> </ul>	24 <ul style="list-style-type: none"> <li>• 2pm EST Live Yoga Workout 30 Min</li> <li>• The Big Stretch 10 Min</li> </ul>	25 <ul style="list-style-type: none"> <li>• 8am EST Live Tai Chi Sequence Workshop 1 hr</li> <li>• Gentle Yoga + Tai Chi Flow with Mike 1 hr</li> </ul>	26 <ul style="list-style-type: none"> <li>• 8am EST Live Strong Yoga 1 hr</li> <li>• Head Neck &amp; Shoulders (Deep Restore Series) 30 Min</li> </ul>
27 <ul style="list-style-type: none"> <li>• Shiatsu at Home 20 Min</li> <li>• Energize Yoga for Clarity 1 hr</li> </ul>	28 <ul style="list-style-type: none"> <li>• 8am EST Live Meditation &amp; Energize Yoga 1hr</li> <li>• Fire it Up Routine Continuous Flow (Fire it Up Series) 30 Min</li> </ul>	29 <ul style="list-style-type: none"> <li>• 2pm EST Live Workout Yoga 30 Min</li> <li>• Morning Practice for Calm and ease (Anxiety Series) 30 Min</li> </ul>	30 <ul style="list-style-type: none"> <li>• 8am EST Live Gentle Yoga 1 hr</li> <li>• Strala Calm Yoga 20 Min</li> </ul>			