

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

stråla November CALENDAR

THIS MONTH'S THEME: SIMPLIFY

When we simplify our movements,
we are able to accomplish so much
more. When we simplify beyond
the mat, anything is possible.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 • Strala Gentle With People 1 Hr	2 • 8am - 9am Intention Setting Meditation And Energize Practice 1 Hr • Strala Calm 1 Hr	3 • 2pm - 2:30pm De-stress Yoga • Sensitizing Meditation 20 Minutes	4 • 8am - 9am Gentle Yoga • Relax Yoga For Creativity 30 Minutes	5 • 2pm - 2:30pm Workout Yoga • Tai Chi For A Healthy Back 20 Minute	6 • 8am - 8:30am Tai Chi Chaun Sequence Practice • Energize Yoga For Clarity 1 Hr	7 • 8am - 9am Strong Yoga • Shiatsu For Digital Drama
8 • Strala Relax 1 Hr	9 • 8am - 9am Intention Setting Meditation And Energize Practice 1 Hr • Strala Energize Yoga With Tai Chi 1 Hr	10 • 2pm - 2:30pm De-stress Yoga • Morning Practice For Calm And Ease 20 Minutes	11 • 8am - 9am Gentle Yoga • Strala Calm 20 Minutes	12 • 2pm - 2:30pm Workout Yoga • Lingering Meditation 20 Minutes	13 • 8am - 8:30am Tai Chi Chaun Sequence Practice • Strala Gentle With Tai Chi 1 Hr	14 • 8am - 9am Strong Yoga • Couch Shiatsu
15 • Strala Strong 1 Hr	16 • 8am - 9am Intention Setting Meditation And Energize Practice 1 Hr • Strala Basics 1 Hr	17 • 2pm - 2:30pm De-stress Yoga • Change Your Relationship With Challenge 20 Minutes	18 • 8am - 9am Gentle Yoga • Chill Out Yoga 20 Minutes	19 • 2pm - 2:30pm Workout Yoga • Tune In Routine 25 Minutes	20 • 8am - 8:30am Tai Chi Chaun Sequence Practice • Slow Down, Soften, Feel, Respond, 1 Hour	21 • 8am-9am Strong Yoga • 2pm - 3pm Hard Poses Made Simple Workshop
22 • 2pm - 3pm Kitchen Chat: Turmeric Mashed Potatoes • Softness Break 20 Minutes	23 • 8am - 9am Intention Setting Meditation And Energize Practice 1 Hr • Breath Body Connected Flow 20 Minutes	24 • 2pm - 2:30pm De-stress Yoga • Shake It Out Routine 15 Min	25 • 8am - 9am Gentle Yoga • Shiatsu For Headaches 10 Minutes	26 • 2pm - 3:00pm Thanksgiving Energize Yoga • Morning Meditation & Yoga 30 Minutes	27 • 8am - 8:30am Tai Chi Chaun Sequence Practice • Fire It Up Flow 30 Minutes	28 • 8am - 9am Strong Yoga • 2pm - 3pm Restorative Yoga
29 • Strala Core 30 Minutes	30 • 8am - 9am Intention Setting Meditation And Energize Practice 1 Hr • Yoga For Inspiration 40 Minutes					