

# stråla February CALENDAR

THIS MONTH'S THEME  
I move like I love myself.

- Live Classes (times listed in EST)
- Suggested Practice
- Special Workshops

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 • 8am - 9am Intention Setting Meditation and Energize Practice	2 • 2pm - 2:30pm De-Stress Yoga	3 • 8am - 9am Gentle Yoga	4 • 2pm - 2:30 pm Workout Yoga	5 • 8am - 9am QiGong for Beginners Workshop	6 • 8am - 9am Strong Yoga 2pm - 3pm Relax & Restore
7 • Morning Practice for Self Care & Ease	8 • 8am - 9am Intention Setting Meditation and Energize Practice	9 • 2pm - 2:30pm De-Stress Yoga	10 • 8am - 9am Gentle Yoga	11 • 2pm - 2:30 pm Workout Yoga	12 • 8am - 9am QiGong for Beginners Workshop	13 • 8am - 9am Strong Yoga 2pm - 3pm Hip & Heart Flow
14 • Self Love Flow	15 • 8am - 9am Intention Setting Meditation and Energize Practice	16 • 2pm - 2:30pm De-Stress Yoga	17 • 8am - 9am Gentle Yoga	18 • 2pm - 2:30 pm Workout Yoga	19 • 8am - 9am QiGong for Beginners Workshop	20 • 8am - 9am Strong Yoga 2pm - 3pm Relax Flow with Mike
21 • Let it Flow	22 • 8am - 9am Intention Setting Meditation and Energize Practice	23 • 2pm - 2:30pm De-Stress Yoga	24 • 8am - 9am Gentle Yoga	25 • 2pm - 2:30 pm Workout Yoga	26 • 8am - 9am QiGong for Beginners Workshop	27 • 8am - 9am Strong Yoga
28 • Slow Dow Soften Feel						