

# stråla March CALENDAR

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

THIS MONTH'S THEME: CREATE SPACE  
 I soften so my breath can move me.  
 Every inhale creating space, expanding.  
 Every exhale moving me right in.

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 Taichi Workshop	6 • 8am - 9am Strong Yoga 2pm Creating Space Chat & Practice
7 • 30 minute Strong Flow - Fire	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 Workshop	13 • 8am - 9am Strong Yoga
14 • 20 minute Morning Practice for Calm and Ease	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 Taichi Workshop	20 • 8am - 9am Strong Yoga 2pm The Art of Sequencing
21 • 1 hour Strala Calm	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 Workshop	27 • 8am - 9am Strong Yoga
28 • 30 minute Deep Restore, Head Neck and Shoulders	29	30	31			