

• Live Classes (times listed in EST)

• April Express

Special Workshops

THEME: JUST KEEP BREATHING

When things are easy I soften.

When things are hard I soften more.

APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 • 8am - 8:30am Tai Chi & Qigong with Mike	2 • 8am - 9am Strong Yoga with Tara
3 • 8am <u>Restorative Yoga</u>	4 • 8am - 9am Energize Yoga	5 • 8am - 8:30am De-Stress Yoga	6 • 8am - 9am Gentle Yoga	7 • 8am - 8:30am Workout Yoga	8 • 8am - 8:30am Tai Chi & Qigong with Mike	9 • 8am - 9am Strong Yoga with Tara
10 • 20 Minute Yoga for When You Feel Overwhelmed	11 • 8am - 9am Energize Yoga	12 • 8am - 8:30am De-Stress Yoga	13 • 8am - 9am Gentle Yoga	14 • 8am - 8:30am Workout Yoga	15 • 8am - 8:30am Tai Chi & Qigong with Mike	16 • 8am - 9am Strong Yoga with Tara
17 • 30 Minute Energize Yoga	18 • 8am - 9am Energize Yoga	19 • 8am - 8:30am De-Stress Yoga	20 • 8am - 9am Gentle Yoga	21 • 8am - 8:30am Workout Yoga	22 • 8am - 8:30am Tai Chi & Qigong with Mike	23 • 8am - 9am Strong Yoga with Tara
24 • 10 Minute Yoga Breakfast	25 • 8am - 9am Energize Yoga	26 • 8am - 8:30am De-Stress Yoga	27 • 30 Minute Gentle Yoga	28 • 30 Minute De-stress Yoga	29 • 30 Minute Tai Chi	30 • 30 Minute Strong Yoga