

- Live Classes (*times listed in EST*)
- Daily New
- Suggested Practices

# MAY



**THEME:** Refresh and Renew  
Every inhale refreshes. Every exhale renews.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ▪ 30 minute Refresh & Renew Restorative Yoga	2 ▪ 30 Minute Meditation & Energize Yoga	3 ▪ 30 Minute De-Stress Yoga	3 ▪ 30 Minute Gentle Yoga	5 ▪ 30 Minute Workout Yoga	6 ▪ 20 Minute Tai Chi	7 ▪ 8am - 9am Strong Yoga with Tara
8 ▪ 10 Minute Tai Chi Energy Boost	9 ▪ 8am - 9am Meditation & Energize Yoga	10 ▪ 30 Minute Wake Up Yoga	11 ▪ 8am - 9am Gentle Yoga	12 ▪ 30 Minute Calming Flow - Water	13 ▪ 8am - 8:20am Tai Chi with Mike	14 ▪ 8am - 9am Strong Yoga with Tara
15 ▪ 20 Minute Spark Your Creativity	16 ▪ 8am - 9am Meditation & Energize Yoga	17 ▪ 30 Minute Breath Body Connection Flow	18 ▪ 8am - 9am Gentle Yoga	19 ▪ 30 Minute Core Strong Yoga	20 ▪ 8am - 8:20am Tai Chi with Mike	21 ▪ 8am - 9am Strong Yoga with Tara
22 ▪ 10 Minute Shoulder and Back Restore	23 ▪ 8am - 9am Meditation & Energize Yoga	24 ▪ 15 Minute Energy Boost Yoga	25 ▪ 8am - 9am Gentle Yoga	26 ▪ 35 Minute Yoga for Inspiration	27 ▪ 8am - 8:20am Tai Chi with Mike	28 ▪ 8am - 9am Strong Yoga with Tara
29 ▪ 20 Minute Tai Chi & Yoga Flow	30 ▪ 8am - 9am Meditation & Energize Yoga	31 ▪ 20 Minute Yoga for When You Feel Overwhelmed				