

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

THEME: Nurture Yourself

DECEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 • 30 Minute Head, Neck, and Shoulders	2 • 15 Minute Yoga Workout Powered by Tai Chi with Mike	3 • 30 Minute Strong & Playful Yoga with Tara
4 • 30 Minute Restorative Yoga	5 • 20 Minute Meditation & Calm Yoga Flow	6 • 20 Minute All Over Restore Routine	7 • 20 Minute De-Stress Yoga	8 • 10 Minute Pilates Power by Jillian Michaels	9 • 10 Minute Tai chi Road Trip Reset with Mike	10 • 30 Minute Stable and Strong Yoga with Tara
11 • 45 Minute Relax Yoga	12 • 30 Minute HIIT Yoga	13 • 1 Hour Slow Down, Soften, Feel, Respond	14 • 1 Hour Gentle Yoga & Restore Combo Yoga	15 • 20 Minute TMAC 20 Workout with Todd McCullough	16 • 15 Minute Tai Chi Chuan Slow-Go Practice with Mike	17 • 8am 1 HR Strong Yoga with Tara
18 • 10 Minute HIIT Yoga	19 • 45 Minute Whole Body Whole Self Yoga	20 • 20 Minute Softness Break	21 • 30 Minute Mental Gentle Yoga Break	22 • 20 Minute Workout Yoga	23 • 10 Minute Qigong to Let it Go with Mike	24 • 8am 1 HR Strong Yoga with Tara
25 • 10 Minute Hips and Back Yoga	26 • 30 Minute Centering Yoga Flow	27 • 20 Minute Morning Practice for Calm and Ease	28 • 1 Hour Restorative Yoga	29 • 20 Minute Yoga Workout Core	30 • 15 Minute Tai Chi to Get Things Started with Mike	31 • 8am 1 HR Strong Yoga with Tara