

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

**THEME:** Practice Gratitude  
Today I am grateful for \_\_\_\_\_

# NOVEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 • 1 Hour Let it Flow Yoga in Brooklyn	2 • 30 Minute Restorative Yoga	3 • 30 Minute Morning Yoga for Energy with Tara	4 • 20 Minute Tai Chi Powered Workout with Mike	5 • 30 Minute Core Strong Flow
6 • 1 Hour Jillian Michael's Booty Bootcamp	7 • 30 Minute Meditation & Yoga Flow	8 • 1 Hour Yoga Workout in Utah	9 • 1 Hour Gentle Yoga	10 • 20 Minute Yoga Workout Whole Body	11 • 20 Minute Tai Chi & Qigong with Mike	12 • 8am 1 HR Strong Yoga with Tara
13 • 20 Minute Energize Yoga	14 • 30 Minute HIIT Yoga	15 • 1 Hour Slow Down, Soften, Feel, Respond	16 • 1 Hour Gentle Yoga	17 • 30 Minute Your Daily Everything Yoga	18 • 20 Minute Tai Chi Chuan with Mike	19 • 8am 1 HR Strong Yoga with Tara
20 • 20 Minute Chill Yoga	21 • 30 Minute Flow for Balance	22 • 20 Minute Yoga Workout Whole Body	23 • 1 Hour Gratitude Yoga Flow	24 • 45 Minute Strength & Stretch Yoga Flow	25 • 20 Minute Tai Chi & Qigong	26 • 8am 1 HR Strong Yoga + After-Class Q&A
27 • 20 Minute Workout Yoga	28 • 30 Minute Get Focused Flow	29 • 20 Minute Everyday Yoga Practice	30 • 1 Hour Restorative Yoga			