

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

JANUARY 2023

Theme: When you don't know what to do, take good care of you.

Jan 6-8: Online 25+Hour Intensive Yoga & Tai Chi Training for Vibrant Longevity

Jan 7 - Dec 31, 2023: Strala Online 500+Hour Advanced Teacher Training in Tai Chi and Qigong

stråla ❤️

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 • 30 Minute Relax Yoga	2 • 30 Minute Calm & Collected Flow	3 • 20 Minute French Twist Yoga Flow <i>Inspired by the Caretakers by Amanda Bestor-Siegal</i>	4 • 1 Hour Energizing Simple Yoga	5 • 30 Minute Wake Up Yoga	6 • 15 Minute Yoga Workout Powered by Tai Chi with Mike	7 • 9am 1 HR Strong Yoga with Tara
8 • 10 Minute Unwind Yoga	9 • 20 Minute Get Focused Flow	10 • 20 Minute Everyday Yoga Practice	11 • 1 Hour Beginner Yoga with a Calm Focus	12 • 30 Minute Calming Flow - Water	13 • 10 Minute Get Things Started Qigong with Mike	14 • 9am 1 HR Strong Yoga with Tara
15 • 10 Minute Pre-Workout Yoga	16 • 45 Minute HIIT Yoga with Taffy Wind Down	17 • 20 Minute Spark Creativity Yoga Flow	18 • 1 Hour Gentle Yoga	19 • 1 Hour Energize Yoga with People	20 • 15 Minute Big Energy Tai Chi Chuan with Mike	21 • 9am 1 HR Strong Yoga with Tara
22 • 20 Minute Basic Yoga	23 • 20 Minute Handstand Made Easy Workshop	24 • 20 Minute Yoga for When You Feel Overwhelmed	25 • 30 Minute Restorative Yoga	26 • 30 Minute Gentle, Easy Soft Flow	27 • 10 Minute Super Fun Qigong with Mike	28 • 9am 1 HR Strong Yoga with Tara
29 • 10 Minute Strong Yoga	30 • 30 Minute HIIT Yoga, Fun Flow	31 • 30 Minute Strong Yoga, Prepare for Good Things				



Strala Reads of the Month
The Caretakers
 by Amanda Bestor-Siegal

