

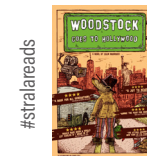
- Live Classes (times listed in EST)
- New
- Suggested Practices

FEBRUARY 2023

stråla ❤️

Theme: Don't Force it, Feel It

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Settle in Chat & Meditation • 30 Minute Yoga for Making Space	2 • 30 Minute De-Stress Yoga	3 • 20 Minute Yoga Workout with Tai Chi Breath	4 • 30 Minute Yoga for Flexibility
5 • 10 Minute Strong Yoga	6 • 20 Minute Gentle Yoga	7 • 20 Minute Woodstock Flows to Hollywood <i>Inspired by Woodstock Goes to Hollywood by Colin Broderick</i>	8 • 20 Minute Restorative Flow	9 • 10 Minute Pilates Power with Jillian Michaels	10 • 10 Minute Easy Energy Qigong Sequence	11 • 9am 1 HR Energize Yoga with Tara
12 • 30 Minute Relax Yoga	13 • 30 Minute Let's Get Sweaty Flow	14 • 15 Minute Get Happy Yoga Flow	15 • 30 Minute Gentle Yoga	16 • 45 Minute Strength & Stretch Yoga Flow	17 • 15 Minute Tai Chi Chuan on the Yoga Mat	18 • 9am 1 HR Strong Yoga with Tara
19 • 45 Minute Energize Yoga	20 • 45 Minute Hip and Back Release	21 • 10 Minute Wrist Free Yoga	22 • 45 Minute Gentle Yoga and Calming Meditation	23 • 20 Minute Spark Creativity Yoga Flow	24 • 15 Minute Qigong on the Yoga Mat	25 • 9am 1 HR Calm and Focused Yoga with Tara
26 • 10 Minute Tai Chi & Qigong Flow	27 • 20 Minute Yoga for a Strong Core	28 • 10 Minute Shoulder and Back Restore				



#stralareads

Strala Reads of the Month
Woodstock goes
to Hollywood
by Colin Broderick

