


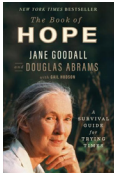

- Live Classes (times listed in EST)
- New
- Suggested Practices

# APRIL 2023

Theme: You deserve to feel better.

April 28-30th: Zibby Book Retreat,  
Charleston, SC

strāla 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>• New</p> <p>Tai Chi Chuan Fast Speed</p>	<p></p> <p>Strala Reads of the Month</p> <p><b>The Book of Hope</b></p> <p>by Jane Goodall &amp; Douglas Carlton Abrams</p> <p></p> <p>#stralareads</p>		<p></p>			<p>1</p> <p>Settle In April</p> <p>• 9am</p> <p>LIVE Energize Yoga with Tara</p>
<p>2</p> <p>• 20 Minute</p> <p>Tai Chi &amp; Qigong Flow</p>	<p>3</p> <p>• 20 Minute</p> <p>Meditation &amp; Calm Yoga</p>	<p>4</p> <p>• 20 Minute</p> <p>Morning Practice for Calm &amp; Ease</p>	<p>5</p> <p>• 20 Minute</p> <p>Restorative Yoga for Creativity</p>	<p>6</p> <p>• 20 Minute</p> <p>Basic Yoga</p>	<p>7</p> <p>• 20 Minute</p> <p>On-the-Ground Yoga Workout with Mike</p>	<p>8</p> <p>• 9am</p> <p>LIVE Gentle Yoga with Tara</p>
<p>9</p> <p>• 9am</p> <p>LIVE 30 Minute Energizing Flow</p>	<p>10</p> <p>• 30 Minute</p> <p>2 Minute Holds Yoga Challenge</p>	<p>11</p> <p>• 10 Minute</p> <p>Hip &amp; Back Flow</p>	<p>12</p> <p>• 30 Minute</p> <p>Gentle Yoga</p>	<p>13</p> <p>• 10 Minute</p> <p>High Intensity Yoga Burst</p>	<p>14</p> <p>• 10 Minute</p> <p>On-the-Ground Qigong for Recovery</p>	<p>15</p> <p>• 9am</p> <p>LIVE Strong Yoga with Tara</p>
<p>16</p> <p>• New</p> <p>Tai Chi Chuan Slow Speed</p>	<p>17</p> <p>• 30 Minute</p> <p>Energize Yoga</p>	<p>18</p> <p>• 20 Minute</p> <p>Yoga Workout Whole Body</p>	<p>19</p> <p>• 45 Minute</p> <p>Hip Release</p>	<p>20</p> <p>• 30 Minute</p> <p>Strong Flow Fire</p>	<p>21</p> <p>• 10 Minute</p> <p>Tai Chi to Breathe Easy</p>	<p>22</p> <p>• 9am</p> <p>LIVE Energize Yoga with Tara</p>
<p>23</p> <p>• New</p> <p>Tai Chi Chuan Medium Speed</p>	<p>24</p> <p>• 30 Minute</p> <p>Strong Body Calm Mind Yoga Flow</p>	<p>25</p> <p>• 30 Minute</p> <p>Lower Body Strong</p>	<p>26</p> <p>• 30 Minute</p> <p>Take it Easy Flow</p>	<p>27</p> <p>• 30 Minute</p> <p>Fire it Up Continuous Flow</p>	<p>28</p> <p>• 20 Minute</p> <p>Tai Chi and Yoga to De-Stress</p>	<p>29</p> <p>• 30 Minute</p> <p>Strong &amp; Focused Yoga Flow</p>