

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

MAY 2023



Theme: Treat yourself like a good friend who asks for help

May 8-21: Miami, In Person Training:
200+Hour Strala Yoga Training

May 27: 9am EST Strala Reads - Meet Up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Settle In May ▪ 20 Minute High Energy Yoga	2 ▪ 30 Minute Relax Yoga	3 ▪ 20 Minute De-Stress Yoga	4 ▪ 20 Minute Yoga for When You Feel Overwhelmed	5 ▪ 20 Minute Long Holds Yoga Workout	6 ▪ 30 Minute Strong Yoga Express
7 ▪ 30 Minute Head Neck & Shoulders	8 ▪ 20 Minute Meditation & Calm Flow	9 ▪ 20 Minute All Over Restore	10 ▪ 20 Minute Shoulder & Back Release	11 ▪ 30 Minute Calming Flow - Water	12 ▪ 10 Minute Around the House Qigong	13 ▪ 30 Minute Strength Building Flow
14 ▪ 1 Hour Slow Down, Soften Feel, Respond	15 ▪ 20 Minute HIIT Yoga - Whole Self	16 ▪ 30 Minute Your Daily Yoga Practice	17 ▪ 20 Minute Gentle Restorative	18 ▪ 1 Hour Gentle Yoga with People	19 ▪ 10 Minute Moving & Being Moved Tai Chi	20 ▪ 30 Minute Get Happy Yoga
21 ▪ 1 Hour Energize Yoga with People	22 ▪ 20 Minute Stretch it Out Yoga	23 ▪ 20 Minute Core Strength Yoga	24 ▪ 20 Minute Relax Yoga	25 ▪ 20 Minute Yoga Workout Lower Body	26 ▪ 20 Minute Energize Yoga the Tai Chi Way	27 ▪ 9am LIVE Energize Yoga with Tara ▪ 10:30 am LIVE Strala Reads Community Meet Up
28 ▪ 1 Hour Yoga Workout in Utah	29 ▪ 20 Minute Get it Done Yoga Workout	30 ▪ 1 Hour Strong Yoga with Balance in LA	31 ▪ 30 Minute Ooey Gooley Yoga Flow			



Strala Reads of the Month

Burst
by Mary Otis

