

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


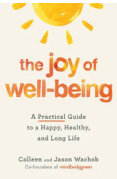


JUNE 2023

Theme: Make feeling good your goal

Sunday, June 4th @ 10am EST: How to Find Ease in the Mess (on zoom)

Saturday, June 24th @ 11:30am EST: Strala Hangs! (on zoom)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				Settle In June ▪ 20 Minute De-Stress Yoga	▪ 20 Minute Yoga Challenges Made Easy by Tai Chi	▪ 10am LIVE Energize Yoga
▪ 10am LIVE How to Find Ease in the Mess ▪ 20 Minute How to Use Tai Chi Foundations in Yoga	▪ 30 Minute Strong & Calm Yoga	▪ 30 Minute Wake Up Yoga	▪ 30 Minute Keep it Chill Yoga	▪ 20 Minute Chill Yoga Flow	▪ 20 Minute Tai Chi For Yoga Teachers and Practicers	▪ 10am LIVE Wake Up Fresh Yoga
▪ 30 Minute Restorative Yoga	▪ 20 Minute Get it All in Yoga	▪ 45 Minute Whole Body Workout Yoga Flow	▪ 30 Minute Gentle & Restorative	▪ 45 Minute Strength & Stretch Yoga Flow	▪ 10 Minute Qigong for Being Moveable	▪ 10am LIVE Energize Yoga
▪ 30 Minute Grounded Yoga Flow - Earth	▪ 45 Minute Strong Yoga with Chill Wind Down	▪ 40 Minute Yoga for Inspiration	▪ 20 Minute Hips and Back Care	▪ 20 Minute Change You Relationship to Challenge	▪ 10 Minute Qigong for Better Breathing	▪ 10am LIVE Energize Yoga ▪ 11:30am LIVE Strala Hangs
▪ 1 Hour Strong Yoga Flow NYC Studio	▪ 45 Minute HIIT with Big Stretch Wind Down	▪ 1 Hour Strong Yoga with Mike	▪ 30 Minute Calm and Focused Yoga	▪ 1 Hour Let it Flow Yoga in Brooklyn	▪ 10 Minute Tai Chi Replenishing Walk	