
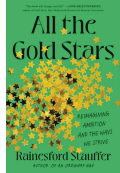


- Live Classes (*times listed in EST*)
- New
- Suggested Practices

JULY 2023

stråla ❤️

Theme: Soften, Breathe, Notice How You Feel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 • 30 Minute Chill Vibe Flow	31 • 20 Minute Calm Mind Vibrant Body Flow		Strala Reads of the Month All the Gold Stars by <i>Rainesford Stauffer</i>			1 Settle In July • 10am LIVE Wake Up Yoga
2 • 10am Gentle Yoga	3 • 30 Minute High Energy Yoga Flow	4 • 20 Minute Spark Your Creativity Yoga Flow	5 • 20 Minute Restorative Yoga	6 • 30 Minute Breath Body Connected Flow - Air	7 • 20 Minute Yoga Workout Powered by Tai Chi	8 • 30 Minute Energize Yoga
9 • 10am LIVE Gentle Yoga	10 • 20 Minute HIIT & Chill	11 • 30 Minute Core Strong Yoga	12 • 30 Minute Shoulders & Back Release	13 • 20 Minute Yoga & Tai Chi Flow	14 • 10 Minute Qigong to Chill Out	15 • 10am LIVE Energize Yoga
16 • 10am Get Focused Flow	17 • 30 Minute Core Strong Yoga	18 • 20 Minute Yoga the Tai Chi Way	19 • 30 Minute Gentle & Restorative Flow	20 • 20 Minute Morning Practice for Calm & Ease	21 • 10 Minute Tai Chi to Slow Down	22 • 30 Minute Strong Core Flow
23 • 20 Minute Whole You Yoga Flow	24 • 30 Minute Energize Express Yoga	25 • 20 Minute Yoga Workout Whole Body	26 • 30 Minute Soft & Easy Flow	27 • 10 Minute Calm Yoga	28 • 10 Minute Pre-Run Qigong	29 • 30 Minute Wake Up Fresh Yoga