



SEPTEMBER 2023

• Live Classes (times listed in EST)


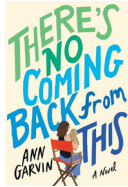
Theme: The best yoga pose is feeling good in you.

Friday Sep 8, NYC: The Yoga of Parenting Event @ Athleta SOHO

Friday Sep 22, Berlin: Clean Mind Clean Body Book Signing @ Hale Yoga Prenzlauer Berg

Saturday & Sunday Sep 22 & 23, Berlin: Strala 20+ Hour Intensive Weekend @ Eden Studios

Register for Events at www.stralayoga.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 <p>Strala Reads of the Month There's No Coming Back from This by Ann Garvin</p>	 <p>#stralareads</p>				20 Minute Gentle Yoga Relaxed by Tai Chi	30 Minute Wake Up and Chill Yoga
3	4	5	6	7	8	9
20 Minute Yoga to Feel Good in You	30 Minute Sweat and Focus Flow	10 Minute Water Meditation	20 Minute Meditation & Restorative Yoga	15 Minute Shake it Out Routine	10 Minute Relaxed Qigong	30 Minute Energize Yoga
10	11	12	13	14	15	16
20 Minute Easy Going Flow	30 Minute Core Strong Yoga	1 Hour Slow Down, Soften, Feel, Respond	20 Minute Hip and Back Release	20 Minute Core Strength Yoga	20 Minute Relaxed Form Tai Chi Chuan	• LIVE 10am EST 1 Hour Energize Yoga
17	18	19	20	21	22	23
• LIVE 10am EST 30 Min Gentle Yoga	20 Minute Everything You Need Yoga	30 Minute Continuous Fiery Flow	30 Minute Center Yourself Yoga	20 Minute Every Day Yoga Practice	20 Minute Super Strong Yoga for Endurance Powered by Tai Chi	30 Minute Calm & Steady Yoga Flow
24	25	26	27	28	29	30
20 Minute Gentle Yoga	30 Minute HIIT Yoga	20 Minute Basic Yoga	30 Minute Healing Flow	20 Minute Energize Flow	20 Minute Meditation and Tai Chi	30 Minute Balance Flow