



OCTOBER 2023

• Live Classes (times listed in EST)

Theme: When you soften, much more becomes possible.

Monday, October 2nd: 9am EST LIVE 30 Minute Living Softly Workshop

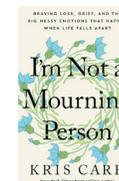
Friday, October 27th: 10am EST Strala Hangs! (on zoom)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Settle In October • LIVE 9am EST 1 Hour Start Your Day Fresh Yoga	2 • LIVE 9am EST 30 Minute Living Softly Workshop	3 30 Minute Calming Flow Water	4 30 Minute Chill Yoga	5 20 Minute Energize Yoga	6 10 Minute Tai Chi for Weight Training	7 45 Minute Calm Yoga
8 • LIVE 9am EST 1 Hour Energize Yoga	9 • LIVE 9am EST 30 Minute Center Yourself Yoga	10 10 Minute Yoga fo Healing	11 30 Minute Shoulder and Back Opening Yoga	12 1 Hour Let it Flow Brooklyn	13 15 Minute Holding Poses in Tai Chi	14 30 Minute Energize Flow
15 • LIVE 9am EST 1 Hour Wake Up Flow	16 • LIVE 9am EST 30 Minute Meditate and Flow	17 45 Minute Relax Yoga	18 30 Minute Hip and Back Flow	19 40 Minute Yoga for Inspiration	20 10 Minute Tai Chi Low Hi Meditation	21 30 Minute Strong Yoga
22 30 Minute Gentle Yoga	23 20 Minute HIIT Focus Yoga	24 10 Minute Yoga for Back Care	25 30 Minute Gentle Yoga	26 20 Minute Tai Chi and Qigong Flow	27 15 Minute Tai Chi for Better Walking	28 45 Minute Center Yourself Yoga
29 • LIVE 9am EST 1 Hour Energizing Yoga	30 • LIVE 9am EST 30 Minute Start Fresh Yoga	31 20 Minute No Tricks All Treat Halloween Flow				



Strala Reads of the Month

I'm Not a Mourning Person
by Kris Carr



#stralareads