





DECEMBER 2023

SPECIAL EVENTS:

Sunday, December 17th: 10:30am EST
Strala Hangs! (on zoom)

• Live Classes (times listed in EST)

Theme: Be open the possibility to what's going on with you physically
has a connection to what's going on with you emotionally.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 • LIVE 9am EST 1 Hour Centered You Yoga Flow	 Strala Reads of the Month Making it So by Patrick Steward	 #stralareads			1 10 Minute The Tai Chi Way of Burpees	2 30 Minute Core Strong Yoga
3 • LIVE 9am EST 1 Hour Energize Yoga	4 • LIVE 9am EST 30 Minute Softness Workshop	5 20 Minute Yoga and Tai Chi Flow	6 20 Minute Meditate and Melt Yoga Flow	7 20 Minute Spark Creativity Yoga Flow	8 10 Minute The Tai Chi Way of Sun Salutations	9 30 Minute Have it All Yoga Flow
10 • LIVE 9am EST 1 Hour Energize Yoga	11 • LIVE 9am EST 30 Minute Daily Essential Yoga Flow	12 20 Minute HIIT Yoga Flow	13 30 Minute Meditation and Balanced Yoga Flow	14 30 Minute Grounded Yoga Flow Earth	15 20 Minute The Tai Chi Way of Strength Building Yoga	16 20 Minute Mega Power Yoga Flow
17 • LIVE 9am EST 1 Hour Energize Yoga	18 • LIVE 9am EST 30 Minute Salty Bagel Yoga Flow	19 20 Minute Chill Flow	20 30 Minute Restorative and Meditation	21 1 Hour Start the Day Fresh Yoga	22 15 Minute Everyday Tai Chi	23 20 Minute Super Chill Vibes Flow
24 • LIVE 9am EST 1 Hour Let it Flow Yoga	25 • LIVE 9am EST 30 Minute Everything Bagel Yoga Flow	26 20 Minute Yoga for When You Feel Overwhelmed	27 30 Minute Gentle Yoga	28 1 Hour Gentle Yoga with People	29 10 Minute Everyday Qigong	30 30 Minute Balance and Focus Flow