



FEBRUARY 2024

• Live Classes (times listed in EST)

Theme: Do what you can do without a panic. Recipe for expanding the comfort zone, feeling good and not burning out.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	Strala Reads of the Month Everyone But Myself <i>by Julie Chavez</i> #stralareads			20 Minute Yoga Workout 10 by 2 Minute Challenge	10 Minute Tai Chi Way of Core Strength	30 Minute Invigorate Yoga Flow
4	5	6	7	8	9	10
• LIVE 9am EST 1 Hour Energize Yoga	20 Minute Strong and Calm Flow	10 Minute Tai Chi Way of Strong Sun Salutes	20 Minute De-Stress and Mediation Flow <i>Inspired by Everyone but Myself by Julie Chavez</i>	30 Minute Relax Yoga	20 Minute Tai Chi Way of Cardio Yoga	30 Minute Yoga for Balance
11	12	13	14	15	16	17
• LIVE 9am EST 1 Hour Energize Yoga	• LIVE 1pm EST 30 Minute Yoga Break	10 Minute Balancing Qigong	10 Minute Shiatsu and Chill	20 Minute Yoga Workout Upper Body	15 Minute Tai Chi Way of Balancing Yoga	40 Minute Everything Bagel Yoga
18	19	20	21	22	23	24
• LIVE 9am EST 1 Hour Energize Yoga	• LIVE 1pm EST 30 Minute Yoga Break	15 Minute Daily Qigong	20 Minute Restorative Yoga	20 Minute Yoga Workout Lower Body	15 Minute Daily Tai Chi	40 Minute Salty Bagel Yoga
25	26	27	28	29		
• LIVE 9am EST 1 Hour Energize Yoga	• LIVE 1pm EST 30 Minute Yoga Break	10 Minute Qigong for Back Mobility	20 Minute Calm Your Mind Energize Your Body Flow	20 Minute Yoga Workout Whole Body		