

• Live Classes (times listed in EST)

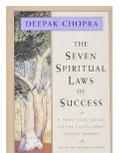
Theme: Forget about the pose. Focus on how you feel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Settle In - April 20 Minute Get Focused Yoga	2 15 Minute Tai Chi Chuan Practice	3 30 Minute Meditation & Restorative Yoga	4 45 Minute Relax Yoga	5 10 Minute Tai Chi Core Workout	6 30 Minute HIIT Salty Bagel Yoga
7 • LIVE 9am EST 1 Hour Energize Yoga	8 • LIVE 1pm EST 30 Minute Yoga Break	9 10 Minute Everyday Qigong Practice	10 Book Themed Yoga <i>Inspired by the book 7 Spiritual Laws of Success</i>	11 Guiding Strala Language for Leading	12 10 Minute Tai Chi Way of Sun Salutes	13 30 Minute Sway in the Breeze Yoga
14 • LIVE 9am EST 1 Hour Energize Yoga	15 • LIVE 1pm EST 30 Minute Yoga Break	16 10 Minute Everyday Tai Chi Practice	17 20 Minute Gentle Yoga	18 10 Minute Calm Yoga	19 20 Minute Tai Chi Way of Strong Yoga	20 40 Minute Strong Yoga
21 • LIVE 9am EST 1 Hour Energize Yoga	22 • LIVE 1pm EST 30 Minute Yoga Break	23 15 Minute Tai Chi Chuan Practice	24 20 Minute Meditate & Calm Yoga	25 10 Minute Unwind Yoga	26 10 Minute Tai Chi Everything Workout	27 30 Minute Energize Yoga
28 20 Minute Everyday Yoga	29 30 Minute Wake Up Yoga	30 10 Minute Balancing Tai Chi				



Strala Reads of the Month

The Seven Spiritual Laws of Success
by Deepak Chopra



#stralareads