


SPECIAL EVENTS

May 12, 19, 26: How to Write Your Book and Get it Out in the World, Online Course

• Live Classes (times listed in EST)

Theme: The more you practice feeling good the more what feels good matches what's good for you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: space-between; padding: 5px;"> 1 2 3 4 </div>						
<p>Strala Reads of the Month</p> <p>The Well Lived Life by Gladys McGarey MD</p>  <p>#stralareads</p>		<p>20 Minute Ooey Gooye Restorative</p>	<p>20 Minute Energize Yoga the Tai Chi Way</p>	<p>15 Minute Tai Chi Chuan Practice</p>	<p>20 Minute Yoga for Balance</p>	
<div style="display: flex; justify-content: space-between; padding: 5px;"> 5 6 7 8 9 10 11 </div>						
<p>• LIVE 9am EST 1 Hour Energize Yoga</p>	<p>• LIVE 1pm EST 30 Minute Yoga Break</p>	<p>10 Minute Tai Chi Whole Body Workout</p>	<p>20 Minute Restorative Yoga</p>	<p>40 Minute Yoga for Inspiration</p>	<p>10 Minute Everyday Qigong Practice</p>	<p>20 Minute Energize Yoga</p>
<div style="display: flex; justify-content: space-between; padding: 5px;"> 12 13 14 15 16 17 18 </div>						
<p>• LIVE 9am EST 1 Hour Energize Yoga</p>	<p>• LIVE 1pm EST 30 Minute Yoga Break</p>	<p>10 Minute Tai Chi Way of Yoga Sun Salutes</p>	<p>30 Minute Calm Yoga</p>	<p>20 Minute Softness Break</p>	<p>10 Minute Everyday Tai Chi Practice</p>	<p>40 Minute HIIT Yoga</p>
<div style="display: flex; justify-content: space-between; padding: 5px;"> 19 20 21 22 23 24 25 </div>						
<p>• LIVE 9am EST 1 Hour Energize Yoga</p>	<p>• LIVE 1pm EST 30 Minute Yoga Break</p>	<p>10 Minute Everyday Tai Chi Practice</p>	<p>20 Minute Shiatsu & Flow</p>	<p>Guiding Strala Connecting with Touch</p>	<p>20 Minute Tai Chi Way of Energizing Yoga</p>	<p>45 Minute Everything Bagel Yoga</p>
<div style="display: flex; justify-content: space-between; padding: 5px;"> 26 27 28 29 30 31 </div>						
<p>• LIVE 9am EST 1 Hour Energize Yoga</p>	<p>• LIVE 1pm EST 30 Minute Yoga Break</p>	<p>15 Minute Tai Chi Chuan Practice</p>	<p>30 Minute Gentle Yoga</p>	<p>30 Minute Fire Flow Yoga</p>	<p>10 Minute Tai Chi for Kids</p>	