

# OCTOBER 2024

**SPECIAL EVENTS**

Oct 30th-Nov 3rd: Seafire Wellness Festival @ Grand Cayman

• Live Classes (times listed in EST)

Theme: Everything counts. Everything matters.  
Those moments you think don't matter, count them double.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Strala Read of the Month <b>Year of Yes</b> by Shonda Rhimes</p>		<p>1 <b>10 Minute</b> Tai Chi Ground Practice for Remobilizing Your Back</p>	<p>2 • LIVE 9am EST 30 Minute Gentle Yoga</p>	<p>3 <b>30 Minute</b> Yoga -&gt; Weights -&gt; Yoga</p>	<p>4 <b>10 Minute</b> Tai Chi Standing Practice for Remobilizing Your Back</p>	<p>5 <b>45 Minute</b> Everything Bagel Yoga</p>
<p>6 <b>30 Minute</b> Chill Flow Yoga</p>	<p>7 <b>40 Minute</b> Yoga -&gt; Weights -&gt; Yoga</p>	<p>8 <b>15 Minute</b> Tai Chi Chuan Practice</p>	<p>9 • LIVE 9am EST 30 Minute Gentle Yoga</p>	<p>10 <b>20 Minute</b> Yoga -&gt; Weights -&gt; Yoga</p>	<p>11 <b>10 Minute</b> Tai Chi Cardio Workout</p>	<p>12 • LIVE 9am EST 1 Hour Energize Yoga</p>
<p>13 <b>30 Minute</b> Head Neck &amp; Shoulder Release Yoga</p>	<p>14 <b>45 Minute</b> Yoga -&gt; Weights -&gt; Yoga</p>	<p>15 <b>10 Minute</b> Everyday Qigong Mobility Practice</p>	<p>16 • LIVE 9am EST 30 Minute Gentle Yoga</p>	<p>17 <b>20 Minute</b> Yoga -&gt; Weights -&gt; Yoga</p>	<p>18 <b>10 Minute</b> Qigong Meditation</p>	<p>19 • LIVE 9am EST 1 Hour Energize Yoga</p>
<p>20 <b>30 Minute</b> Yoga -&gt; Rest -&gt; Yoga</p>	<p>21 <b>30 Minute</b> Yoga -&gt; Weights -&gt; Yoga</p>	<p>22 <b>10 Minute</b> Everyday Tai Chi Calming Practice</p>	<p>23 • LIVE 9am EST 30 Minute Gentle Yoga</p>	<p>24 <b>20 Minute</b> Yoga -&gt; Weights -&gt; Yoga</p>	<p>25 <b>20 Minute</b> Tai Chi Way of Easygoing Yoga 1</p>	<p>26 <b>30 Minute</b> Core Strong Yoga</p>
<p>27 <b>40 Minute</b> Super Flowy Flow</p>	<p>28 <b>30 Minute</b> Yoga -&gt; Weights -&gt; Yoga</p>	<p>29 <b>5 Minute</b> Tai Chi Chuan Practice</p>	<p>30 <b>30 Minute</b> Meditation &amp; Restore Yoga</p>	<p>31 <b>20 Minute</b> Yoga -&gt; Weights -&gt; Yoga</p>		

#stralareads