

- Live Classes (*times listed in EST*)
- New
- Suggested Practices

THEME: If you can breathe,
you can do yoga.

AUGUST 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 • 30 Minute HIIT Yoga Whole Body Whole Self	2 • 20 Minute Everyday Yoga Practice	3 • 1 Hour Gentle Yoga	4 • 20 Minute Spark Creativity Yoga Flow	5 • 20 Minute Tai Chi Chaun Section 1	6 • 1 Hour Strong Yoga
7 • 20 Minute TMAC Workout with Todd McCullough	8 • 30 Minute Calm Mind and Body Yoga	9 • 30 Minute Breath Body Connected Flow - Air	10 • 1 Hour Gentle Yoga	11 • 30 Minute Calming Flow - Water	12 • 20 Minute Tai Chi Chaun Section 2	13 • 8am 1 HR Strong Yoga + After-Class Q&A
14 • 45 Minute Strength and Stretch Yoga	15 • 30 Minute Yoga Workout Core Strong	16 • 20 Minute Morning Practice for Calm and Ease	17 • 1 Hour Gentle Yoga	18 • 30 Minute Wake Up Yoga	19 • 20 Minute Tai Chi Chaun Section 3	20 • 8am 1 HR Strong Yoga + After-Class Q&A
21 • 20 Minute Yoga Workout	22 • 40 Minute Yoga Workout Whole Body Whole Self	23 • 20 Minutes Hip and Back Release	24 • 1 Hour Gentle Yoga	25 • 30 Minute Gentle, Easy Soft Flow	26 • 20 Minute Tai Chi Chaun Section 4	27 • 8am 1 HR Strong Yoga + After-Class Q&A
28 • 15 Minute Yoga to Get Happy	29 • 30 Minute Yoga for Flexibility	30 • 1 Hour Core Strong Yoga	31 • 1 Hour Gentle Yoga			