

• Live Classes (times listed in EST)

• New

• Suggested Practices

THEME: Ease

I back away from rigidity and choose ease in my practice and everywhere else I can.

SEPTEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 • 20 Minute Everyday Yoga Practice	2 • 20 Minute Tai Chi Powered Workout	3 • 8am 1 HR Strong Yoga + After-Class Q&A
4 • 25 Minutes Jillian Michaels Beginner Shred Workout	5 • 30 Minute HIIT Yoga Workout	6 • 1 Hour Slow Down, Soften, Feel, Respond	7 • 1 Hour Restorative Yoga	8 • 20 Minute Morning Practice for Calm and Ease	9 • 20 Minute Tai Chi & Qigong	10 • 8am 1 HR Strong Yoga + After-Class Q&A
11 • 20 Minute End of Day Wind Down Yoga	12 • 30 Minute Meditation & Wake Up Yoga	13 • 20 Minute Softness Break	14 • 1 Hour Gentle Yoga	15 • 30 Minute Head, Neck and Shoulders	16 • 20 Minute Tai Chi Chaun	17 • 8am 1 HR Strong Yoga + After-Class Q&A
18 • 10 Minute Yoga for Back Pain and Care	19 • 30 Minute Yoga for Balance	20 • 20 Minutes Yoga Workout Core	21 • 1 Hour LIIT Gentle Yoga	22 • 15 Minute Everyday Yoga	23 • 20 Minute Tai Chi & Qigong	24 • 30 Minute Strong Yoga Express
25 • 15 Minute Shiatsu & Yoga Chill Flow	26 • 30 Minute Arm Balance Practice	27 • 10 Minutes Yoga Breakfast	28 • 1 Hour Restorative Yoga	29 • 10 Minute Tai Chi for the Morning	30 • 20 Minute Tai Chi Chaun	