

# MOVE

March 2021



#ywaMOVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LET IT GO YOGA FLOW 19 min	2 MOVEMENT MEDICINE - ENERGY 17 min	3 MOVEMENT MEDICINE - CALM 17 min	4 YOGA FOR THE SPINE 37 min <b>FWFG: Mindfulness Practice- AM 28 min</b>	5 ANCHOR IN HOPE 18 min	6 AWAKEN THE ARTIST WITHIN 40 min
7 <b>NEW</b> YOGA FOR A FRESH START 46 min	8 YOGA FOR STRENGTH 39 min	9 STRESS MELT 26 min	10 ABS, ARMS, & ATTITUDE 31 min	11 YOGA FOR RISK TAKERS 26 min	12 TAKE 5 YOGA BREAK 6 min	13 SHAKTI POWER FLOW 56 min
14 YOGA FOR CHANGE & DRAIN 22 min	15 REBIRTH YOGA 24 min	16 GREET THE DAY 39 min	17 RAINBOW YOGA 17 min	18 YOGA TO GAIN PERSPECTIVE 35 min <b>FWFG: Mindfulness Practice- PM 29 min</b>	19 YOGA FOR TRANSITIONS 22 min	20 SUNRISE YOGA 15 min
21 MORNING YOGA TO START YOUR DAY 26 min <b>FWFG: Rise 1 17 min</b>	22 MORNING YOGA ON THE ROAD 10 min <b>FWFG: Rise 2 24 min</b>	23 MORNING YOGA FOR BEGINNERS 21 min <b>FWFG: Rise 3 23 min</b>	24 ENERGIZING MORNING YOGA 24 min <b>FWFG: Rise 4 29 min</b>	25 YOGA TO GET THE JUICES FLOWING 8 min <b>FWFG: Rise 5 20 min</b>	26 GENTLE YOGA 25 min <b>FWFG: Rise 6 31 min</b>	27 YOGA MORNING FRESH 26 min <b>FWFG: Rise 7 43 min</b>
28 MOON PRACTICE 15 min	29 YOGA FLOW 19 min	30 YOGA + PRANAYAMA FOR THE SPINE 28 min	31 HEALTHY ENERGY FLOW 36 min			

FREE downloadable calendar, playlist, and MORE on [yogawithadriene.com](http://yogawithadriene.com).