

S	M	T	W	T	F	S
1 FOUNDATIONS OF FLOW 19 min	2 20 MIN YOGA FOR BEGINNERS NEW VIDEO	3 YOGA FOR FLEXIBLE MIND & BODY 22 min	4 SUN SALUTATION B 9 min FWFG: Sun Salutation A 4 min	5 YOGA WASH DETOX FLOW 23 min	6 YOGA FLOW 19 min	7 YOGA FOR CREATIVITY 41 min
8 ROSE YOGA- HEART OPENING FLOW 38 min	9 MORNING YOGA FLOW 21 min	10 YOGA FOR BRAIN POWER 11 min	11 YOGA FOR WRITERS 29 min	12 YOGA TO GET THE JUICES FLOWING 8 min	13 LET IT GO YOGA FLOW 19 min	14 AWAKEN THE ARTIST WITHIN 40 min
15 MOON PRACTICE 15 min	16 FEEL GOOD FLOW- UPPER BODY NEW VIDEO	17 SIDE BODY FLOW 33 min	18 LOVE YOGA FLOW 35 min	19 YOGA FOR A DULL MOMENT 13 min	20 ANCHOR IN HOPE YOGA 18 min	21 DEEPEN & FLOW 49 min
22 YOGA MORNING FRESH 35 min	23 HEALTHY BODY YOGA 20 min FWFG: Shanti Series- Yoga Flow for Inner Peace 19 min	24 FULL BODY FLOW 19 min FWFG: Shanti Series- Primal Peace Sequence 20 min	25 FEEL GOOD FLOW- ABS 21 min FWFG: Shanti Series- Calm Core 14 min	26 5 MIN MORNING YOGA FWFG: Shanti Series- Shanti Meditation 11 min	27 TRAVEL YOGA- REVITALIZING FLOW 14 min	28 BALANCING OCEAN FLOW 25 min
29 HIPS AND CORE VINYASA 12 min	30 FEEL GOOD FLOW 19 min	31 YOGA TO SHIFT PERSPECTIVE 20 min				



This May yoga practice calendar reminds us that the mat is a mirror.

Practice balancing feminine and masculine energies to cultivate different tools for total well being. Practice letting go. Lean into trust. Delight in your own strength. Fly into the unknown!

Watch your mindset move and your body transform with the power of flow practice.

This is an invitation for anyone, benefiting everyone.

Prepare to move, get ready to cultivate a more conscious relationship with yourself, and standby to watch the effects circulate and ripple.

This is a physical month, and one for your emotional and mental health, darling.

Set your intention. This calendar is designed to make it accessible and easy to commit!

The hardest part is showing up. Take on the whole month, or drop in as often as possible.

You can and you will.

Quietly whisper, I am in FLOW.

Playlists

- Bookmark the playlist for easy access.
 - [free YouTube playlist](#)
 - [FWFG playlist for members](#)
- Learn more about the FWFG videos on the calendar by visiting [FWFG.com](https://www.fwfg.com).
- The two new practices will be added to the playlists after they are released on May 2nd and 16th.

How it Works

- Follow along every day or drop in throughout the month.
- Invite someone to join you!
- Share your experience with the community. Follow the hashtag and tag your social posts with it.
- Connect with [@adrienelouise](#) and [@fwfglife](#) on Instagram.

#ywaFLOW