



INQUIRE

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August 2020 Yoga Calendar

							1 AWAKEN THE ARTIST WITHIN 40 min
2 FUNDAMENTALS OF EASE 34 min NEW	3 YOGA FOR WRITERS 29 min	4 YOGA FOR FOCUS & PRODUCTIVITY 9 min FWFG: Connection vs. Position 23m	5 YOGA BELLY 28 min	6 YOGA FOR WRIST PAIN 22 min	7 CAMEL POSE 16 min	8 YOGA FOR SELF DISCIPLINE 46 min	
9 YOGA FOR A BEGINNER'S MIND 21 min	10 YOGA FOR CHANGE & DRAIN 22 min	11 YOGA FOR BRAIN POWER 11 min FWFG: Spine and Hip Mobility 25m	12 YOGA FOR TEXT NECK 28 min	13 MEDITATION FOR LEARNING 13 min	14 RABBIT POSE 15 min	15 YOGA FOR BEGINNER'S - THE BASICS 41 min	
16 YOGA FOR CONNECTION 27 min	17 YOGA FOR TEACHERS 30 min	18 YOGA FOR TEENS 20 min FWFG: Spine and Shoulder Mobility 19m	19 YOGA FOR THE CLASSROOM 10 min + CLASSROOM MEDITATION 6 min	20 YOGA FOR CONCENTRATION & MENTAL FOCUS 26 min	21 YOGA FOR ANXIETY & STRESS 30 min	22 YOGA FOR CREATIVITY 41 min	
23 SUNRISE YOGA 15 min FWFG: RISE 1 17 min	24 ENERGIZING MORNING SEQUENCE 24 min FWFG: RISE 2 24 min	25 MORNING YOGA TO START YOUR DAY 26 min FWFG: RISE 3 23 min	26 GENTLE YOGA 25 min FWFG: RISE 4 29 min	27 GENTLE MORNING YOGA 21 min FWFG: RISE 5 20 min	28 YOGA MORNING FRESH 36 min FWFG: RISE 6 31 min	29 GREET THE DAY YOGA 39 min FWFG: RISE 7 43 min	
30 YOGA FOR LONELINESS 20 min	31 SHOULDER STAND 31 min	<p>Get your FREE calendar and FREE YouTube playlist for the whole month on the YWA website. The FWFG practices can be found on the FWFG App.</p>					