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BUILD

September 2020 Yoga Calendar

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		<p>1</p> <p>THIRD CHAKRA YOGA SHOW YOUR GOLD 39 min</p>	<p>2</p> <p>YOGA FOR STRENGTH 42 min</p>	<p>3</p> <p>YOGA FOR YOUR BUTT & THIGHS 29 min</p>	<p>4</p> <p>ABS, ARMS, & ATTITUDE 31 min</p>	<p>5</p> <p>HAPPY BIRTHDAY YOGA 27 min Happy Birthday, YWA!!</p>
<p>6</p> <p>YOGA PARTY 28 min NEW</p>	<p>7</p> <p>DOLPHIN POSE 17 min</p>	<p>8</p> <p>YOGA FOR SCOLIOSIS 25 min</p>	<p>9</p> <p>YOGA FOR FINGERS, HANDS, & WRIST CARE 11 min</p>	<p>10</p> <p>YOGA FOR ABDOMINAL WALL 13 min</p>	<p>11</p> <p>YOGA FOR PELVIC FLOOR 38 min</p>	<p>12</p> <p>YOGA FOR LOW BACK & HAMSTRINGS 29 min</p>
<p>13</p> <p>YOGA FOR SENSITIVE KNEES 31 min</p>	<p>14</p> <p>YOGA P.E. - BODY 10 min NEW YOGA FOR CREATING SPACE 28 min</p>	<p>15</p> <p>POWER YOGA BREAK 17 min</p>	<p>16</p> <p>YOGA P.E. - HEART 10 min NEW HEART & HIPS 26 min</p>	<p>17</p> <p>YOGA TO GAIN PERSPECTIVE 35 min</p>	<p>18</p> <p>YOGA P.E. - MIND 12 min NEW UPPER BODY STRENGTH 13 min</p>	<p>19</p> <p>YOGA FOR STRENGTH & FOCUS 43 min</p>
<p>20</p> <p>YOGA FOR INSECURITY 23 min</p>	<p>21</p> <p>YOGA FOR DANCERS 23 min</p>	<p>22</p> <p>REBIRTH YOGA 24 min</p>	<p>23</p> <p>HANDS FREE YOGA 15 min</p>	<p>24</p> <p>HIPS & CORE VINYASA 12 min</p>	<p>25</p> <p>YOGA JOY 18 min</p>	<p>26</p> <p>HEART 1 (POWER YOGA) 45 min</p>
<p>27</p> <p>FULL BODY FLOW 19 min FWFG: SHANTI SERIES Yoga Flow for Inner Peace 19 min</p>	<p>28</p> <p>YOGA FOR WHEN YOU ARE STUCK 15 min FWFG: Primal Peace Sequence 20 min</p>	<p>29</p> <p>YOGA FOR ABS 8 min FWFG: Calm Core 14 min</p>	<p>30</p> <p>MEDITATION FOR INNER PEACE 11 min FWFG: Shanti Meditation 11 min</p>			

Get your FREE calendar and FREE YouTube playlist for the whole month on the YWA website.

The FWFG Shanti Series can be found on the FWFG APP and on fwfg.com.