



December 2019 Yoga Calendar

#ywaJOY
#yogawithadriene

1 NEW YOGA FOR GUT HEALTH 17 min	2 YOGA FOR FLEXIBILITY 16 min	3 YOGA RINSE 17 min	4 10 MINUTE YOGA FOR SELF CARE	5 YOGA FOR LONELINESS 20 min	6 YOGA FOR TIRED LEGS 29 min	7 YOGA FOR NECK & SHOULDER RELIEF 17 min
8 NEW YOGA TO HEAL STRESS 20 min	9 YOGA FOR MOOD SWINGS 26 min	10 YOGA FOR HEALTHY DIGESTION 17 min	11 YOGA FOR GRIEF 26 min	12 MOON PRACTICE 14 min	13 YOGA TO SLOW YOUR ROLL 16 min	14 YOGA FOR STRESS MANAGEMENT 32 min
15 NEW YOGA JOY VINYASA FLOW 19 min	16 YT: ROOT CHAKRA 34 min LIGHT- 7 Day Chakra Ride ROOT CHAKRA 29 min	17 YOGA WASH DETOX FLOW 23 min SACRAL CHAKRA 30 min	18 ABS, ARMS, & ATTITUDE 31 min SOLAR PLEXUS 29 min	19 HEART CHAKRA 23 min HEART CHAKRA 30 min	20 THROAT CHAKRA YOGA 21 min THROAT CHAKRA 30 min	21 YOGA FOR WHEN YOU ARE STUCK 15 min THIRD EYE CHAKRA 30 min
22 NEW GENTLE, RELAXING, COZY FLOW 21 min CROWN CHAKRA 30 min	23 YOGA FOR TRAVEL 23 min	24 ANCHOR IN HOPE 18 min	25 GIFT OF RELAXATION 33 min	26 YOGA FOR DIGESTIVE FLOW 25 min	27 COZY YOGA 38 min	28 WIND DOWN YOGA 25 min
29 NEW YOGA FOR TRANSITIONS 22 min	30 FILL YOUR CUP 20 min	31 YOGA FOR NEW BEGINNINGS 18 min				

yogawithadriene.com/calendar

Get your FREE calendar and playlist for the month on the website.
LIGHT - 7 DAY CHAKRA RIDE can be found at www.FWFG.com.