



# KISS

yogawithadriene.com

## February 2020 Yoga Calendar

#ywaKISS  
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							1 FILL YOUR CUP 20 min
2 YOGA KISS 40 min <i>new</i>	3 GENTLE YOGA: 25 MIN MORNING YOGA SEQUENCE	4 YOGA TIPS FOR THE HANDS 17 min	5 WIND DOWN YOGA 25 min	6 YOGA FOR ABDOMINAL WALL 13 min	7 YOGA FOR ANXIETY 16 min	8 FULL BODY FLOW 19 min <i>FWFG Healing Practice 45 min</i>	
9 SELF LOVE YOGA 50 min	10 5 MIN MORNING YOGA + MEDITATION FOR SELF LOVE 12 min	11 YOGA FOR WINTER BLUES 30 min	12 UPPER BACK LOVE 23 min	13 LOWER BACK LOVE 26 min	14 YOGA FOR LOVE 36 min	15 YOGA TONE 22 min <i>FWFG Generosity Practice 46 min</i>	
16 YOGA TO FEEL YOUR BEST 22 min	17 YOGA FOR A RAINY DAY 23 min	18 YOGA FOR TIRED LEGS 26 min	19 YOGA FOR SELF RESPECT 20 min	20 COZY YOGA 38 min	21 10 MIN YOGA FOR SELF CARE	22 COMPASSION YOGA 58 min <i>FWFG Stay Open Flow 52 min</i>	
23 ROSE YOGA - HEART OPENING FLOW 38 min	24 YOGA FOR FLEXIBILITY 16 min	25 YOGA FOR THE FEET 30 min	26 YOGA TO CALM YOUR NERVES 24 min	27 7 MIN BEDTIME YOGA	28 HEAD & HEART RESET 24 min	29 LOVE YOGA FLOW 35 min	

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

The FWFG practices can be found on the membership at [fwfg.com](http://fwfg.com).