



# Move

A 30 DAY YOGA JOURNEY

#ywaMOVE  
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|                             |                            |                              |                             |                              |                             |
|-----------------------------|----------------------------|------------------------------|-----------------------------|------------------------------|-----------------------------|
| Day 1<br>HERE<br>29 min     | Day 2<br>OPEN<br>28 min    | Day 3<br>STRETCH<br>24 min   | Day 4<br>FLOW<br>29 min     | Day 5<br>DEEPEN<br>27 min    | Day 6<br>LIGHT<br>22 min    |
| Day 7<br>NOURISH<br>23 min  | Day 8<br>REST<br>32 min    | Day 9<br>CURIOSITY<br>22 min | Day 10<br>UPLIFT<br>29 min  | Day 11<br>MOBILITY<br>24 min | Day 12<br>FOCUS<br>24 min   |
| Day 13<br>FLIGHT<br>20 min  | Day 14<br>CLOSER<br>22 min | Day 15<br>RESET<br>20 min    | Day 16<br>ANCHOR<br>21 min  | Day 17<br>SNUGGLE<br>22 min  | Day 18<br>SAVOR<br>30 min   |
| Day 19<br>EXPLORE<br>19 min | Day 20<br>RITUAL<br>24 min | Day 21<br>CONNECT<br>12 min  | Day 22<br>COURAGE<br>21 min | Day 23<br>SOFTEN<br>25 min   | Day 24<br>PROCESS<br>23 min |
| Day 25<br>RELEASE<br>20 min | Day 26<br>LOVE<br>22 min   | Day 27<br>STRONG<br>21 min   | Day 28<br>TLC<br>17 min     | Day 29<br>TRUST<br>25 min    | Day 30<br>CHOOSE<br>29 min  |