



# SHIFT

#ywaSHIFT  
#yogawithadriene

yogawithadriene.com

## July 2020 Yoga Calendar

			1 YOGA FOR TRANSITIONS 22 min	2 PYRAMID POSE 15 min	3 TRAVEL YOGA REVITALIZING FLOW 14 min	4 THROAT CHAKRA YOGA 21 min
5 YOGA TO SHIFT PERSEPECTIVE 20 min <b>NEW</b>	6 YOGA + PRANAYAMA FOR THE SPINE 28 min	7 YOGA FOR EQUESTRIANS 33 min	8 YOGA FOR SWIMMERS 18 min	9 HEADSTAND 17 min	10 YOGA FOR WHEN YOU'RE IN A BAD MOOD 34 min	11 YOGA FOR RUNNERS 20 min <a href="#">FWFG: Get Wheel Backbend Practice with Rey 36 min</a>
12 HEART CHAKRA YOGA 23 min	13 YOGA FOR SKATERS 26 min	14 YOGA FOR CYCLISTS 22 min	15 YOGA FOR SURFERS 32 min	16 REVOLVED SIDE ANGLE POSE 19 min	17 YOGA STRETCH 21 min <a href="#">FWFG: Tranquilo 28 min</a>	18 NO FEAR YOGA 37 min <a href="#">FWFG: Fuego 44 min</a>
19 FREEDOM GLOW FLOW 28 min	20 REUNITE WITH YOUR BODY 18 min	21 REUNITE WITH YOUR CORE CENTER 18 min	22 REUNITE WITH YOUR BREATH 19 min	23 CROW PRACTICE 24 min <a href="#">FWFG: At the Wall Handstand Workshop with Rey 16 min</a>	24 YOGA FOR GARDENERS 32 min	25 YOGA FOR THE SPINE 37 min
26 HEAD & HEART RESET 28 min	27 YOGA FOR CLIMBERS 29 min	28 YOGA FOR TEENS 20 min	29 YOGA FOR GOLFERS 20 min	30 UP YOUR CONNECT 18 min	31 YOGA FOR KIDS 32 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.](#)