



CARE

February 2019 Yoga Calendar

#ywacare

#yogawithadriene

					1 10 MIN YOGA FOR SELF CARE	2 YOGA TO GAIN PERSPECTIVE 35 min
NEW 3 12 MIN YOGA FINGERS, HANDS, WRIST CARE	4 YOGA FOR WHEN YOU ARE STUCK 15 min	5 YOGA FOR PSOAS 21 min	6 7 MIN YOGA FOR BEDTIME	7 YOGA FOR INSECURITY 21 min	8 7 MIN YOGA BOOST	9 SELF LOVE YOGA 50 min
NEW 10 11 MIN YOGA NECK, SHOULDERS, UPPER BACK	11 YOGA FOR CYCLISTS 23 min	12 YOGA FOR SENSITIVE KNEES 31 min	13 6 MIN YOGA FOR HIPS	14 YOGA FOR LOVE 38 min	15 6 MIN YOGA CHILL	16 YOGA FOR STRESS MANAGEMENT 32 min
NEW 17 11 MIN WAKE UP YOGA	18 YOGA FOR THE FEET 30 min	19 HEAD & HEART RESET 34 min	20 7 MIN YOGA FOR RUNNERS	21 YOGA FOR WRIST PAIN 22 min	22 5 MIN MORNING YOGA	23 YOGA FOR CLIMBERS 29 min
NEW 24 12 MIN WIND DOWN YOGA	25 7 MIN YOGA FOR STRESS RELIEF	26 HANDS FREE YOGA 16 min	27 6 MIN POST- WORKOUT YOGA	28 YOGA FOR NECK & SHOULDER RELIEF 17 min		

Follow along for free and get all the details at yogawithadriene.com/calendar.