



yogawithadriene.com

HOME

A 30 DAY YOGA JOURNEY

#ywaHOME

Day 1 RECOGNIZE 43 min	Day 2 INTEND 28 min	Day 3 AWAKEN 26 min	Day 4 ACTIVATE 22 min	Day 5 SOFTEN 26 min	Day 6 IGNITE 26 min
Day 7 STRETCH 26 min	Day 8 HEAL 27 min	Day 9 INQUIRE 27 min	Day 10 GROUND 18 min	Day 11 DIG 21 min	Day 12 NURTURE 22 min
Day 13 GROW 18 min	Day 14 RETURN 27 min	Day 15 RESET 26 min	Day 16 SAVOR 23 min	Day 17 SYNCHRONIZE 32 min	Day 18 BELIEVE 29 min
Day 19 BALANCE 33 min	Day 20 STILL 25 min	Day 21 BOOST 30 min	Day 22 STIR 36 min	Day 23 FOCUS 23 min	Day 24 UPLIFT 18 min
Day 25 UNWIND 18 min	Day 26 KEEP 23 min	Day 27 INTEGRATE 29 min	Day 28 NOURISH 19 min	Day 29 INTUIT 29 min	Day 30 JOURNEY (HOME)