



POWER

July 2019 Yoga Calendar

#ywaPOWER
#yogawithadriene

EMPOWER WEEK 1
Want to continue with
EMPOWER all month?
Learn more about this 30
day series at
[yogawithadriene.com/](http://yogawithadriene.com/EMPOWER)
EMPOWER

1
HEART 1
45 min
YT: this Empower
video is free on YT,
titled Power Yoga

2
STRENGTH 1
42 min
YT: Yoga for Strength
39 min

3
**10 MIN BUTT
or 10 MIN ABS**
YT: Yoga for Your Butt
& Thighs 29 min

4
**STRETCH &
RESTORE 24 min**
YT: Freedom
Flow 18 min

5
**STRETCH &
SOOTHE 40 min**
YT: Yoga Stretch
22 min

6
**HEART 1
OR STRENGTH 1**
45 min
YT: Core Strength
Ritual 22 min

7
NEW
**YOGA FOR
TENSION RELIEF**

8
**YOGA FOR
WEIGHT LOSS
STRENGTHEN &
LENGTHEN**
40 min

9
**YOGA FOR
WEIGHT LOSS
LOVE YOGA FLOW**
35 min

10
**YOGA FOR
WEIGHT LOSS
HIPS & CORE
VINYASA**
12 min

11
**GENTLE YUMMY
YOGA (30 Days of
Yoga day 24)**
18 min

12
YOGA TONE
22 min

13
**YOGA FOR
WEIGHT LOSS
TOTAL BODY
WORKOUT**
61 min

14
NEW
**YOGA FOR
SUFFERING**

15
**TOTAL BODY
YOGA DEEP
CORE**
20 min

16
**POWER BREAK
YOGA**
17 min

17
**YOGA FOR CORE
& BOOTY**
28 min

18
**PRACTICE
SERENITY
(Revolution day 8)**
31 min

19
**YOGA WASH
DETOX FLOW**
23 min

20
**COMPASSION
YOGA CORE
STRENGTH
VINYASA**
58 min

21
NEW
YOGA BELLY

22
**YOGA FOR
WEIGHT LOSS
WORKOUT**
38 min

23
**YOGA FOR
WEIGHT LOSS
HEALTHY ENERGY
FLOW**
36 min

24
**YOGA FOR
WEIGHT LOSS
ABS & ARMS**
27 min

25
**SHAKTI POWER
FLOW**
58 min

26
**YOGA FOR
MANUAL LABOR**
22 min

27
**YOGA FOR
WEIGHT LOSS
BALANCE
PRACTICE**
57 min

28
NEW
**YOGA TIPS
FOR THE
HANDS**

29
**DEEP STRETCH
TOTAL BODY
YOGA**
45 min

30
**YOGA FOR
WEIGHT LOSS
HIPS & HAMMIES**
35 min

31
**YOGA FOR
WEIGHT LOSS
CORE**
11 min

Sign up for a free 7 day trial of the FWFG membership to follow EMPOWER Week 1.
Or follow the alternative YouTube videos listed for July 1-6.
Get all the details at yogawithadriene.com/calendar.