

EXPAND

June 2021



#ywaEXPAND

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 YOGA FOR RISK TAKERS 26 min	2 YOGA FOR CREATING SPACE 28 min	3 PRANAYAMA POTION 21 min	4 YOGA FOR CONNECTION 27 min	5 THIRD CHAKRA YOGA 39 min
6 AWAKEN THE ARTIST WITHIN 40 min	NEW YWA VIDEO 7 YOGA FOR FLEXIBLE MIND & BODY	8 CROW PRACTICE 24 min	9 YOGA FOR THE SPINE 37 min	10 YOGA FOR GUT HEALTH 17 min	11 YOGA STRETCH 21 min	12 YOGA FOR SELF DISCIPLINE 46 min
13 YOGA TO GAIN PERSPECTIVE 35 min	14 SUNRISE YOGA 15 min FWFG: Magician Practice with Rey 29 min	15 YOGA FOR UPPER BACK PAIN 12 min FWFG: Shoulder Vitamins with Marnie 24 min	16 CORE STRENGTH RITUAL 22 min FWFG: Pillar Power 35 min	17 HEAD & HEART RESET 24 min FWFG: Yoga for Navigating Your Emotions 29 min	18 FREEDOM FLOW 18 min FWFG: Strength With Soul 20 min	19 HOW TO DO A HEADSTAND 17 min FWFG: Headstand Practice 60 min
20 YOGA MORNING FRESH 36 min	21 UP YOUR CONNECT 18 min	22 FUNDAMENTALS OF EASE 33 min	23 FEEL GOOD FLOW 19 min	24 YOGA FOR CYCLISTS 23 min	25 FOUNDATION OF SHOULDER STAND 31 min	26 YOGA FOR RELAXATION 33 min
27 YOGA TO SHIFT PERSPECTIVE 20 min	28 YOGA FOR GARDENERS 32 min	29 STREET YOGA 14 min	30 YOGA PARTY 28 min			

FREE downloadable calendar, playlist, and MORE on yogawithadriene.com.