



EXPLORE

October 2019 Yoga Calendar

#ywaEXPLORE
#yogawithadriene

		1 YOGA FOR TRAVEL 23 min	2 CROW PRACTICE 24 min	3 THIRD CHAKRA YOGA 38 min	4 MEDITATION FOR MENTAL BALANCE & GROUNDING 17 min	5 YOGA FOR CREATIVITY 41 min
6 NEW YOGA FOR LOW BACK & HAMSTRINGS 28 min	7 BALANCING OCEAN FLOW 26 min	8 YOGA FOR WHEN YOU ARE STUCK 15 min	9 YOGA TO CALM YOUR NERVES 24 min	10 YOGA FOR THE SPINE 37 min	11 TRAVEL YOGA REVITALIZING FLOW 14 min	12 COMPASSION YOGA 58 min
13 NEW YOGA FOR WRITERS 29 min	14 YOGA FOR PELVIC FLOOR 38 min	15 YOGA ON AN PLANE 4 min	16 ROSE YOGA HEART OPENING FLOW 38 min	17 YOGA FOR TEENS 20 min	18 YOGA FOR BRAIN POWER 11 min	19 YOGA TO GAIN PERSPECTIVE 35 min
20 NEW YOGA FOR CRAMPS & PMS 20 min	21 TRAVEL YOGA MORNING SEQUENCE 10 min	22 FILL YOUR CUP 21 min	23 YOGA FOR SKATERS 26 min	24 FOUNDATIONS OF SHOULDER STAND 31 min MINDFULNESS MEDITATION 17 min	25 BALANCING FLOW 33 min	26 NO FEAR YOGA 38 min
27 NEW YOGA FOR INNER SPACE TRAVEL 13 min	28 YOGA FOR HEALTHY BLOOD FLOW 20 min	29 YOGA FOR ZOMBIES 15 min	30 CROW POSE 10 min BREATH OF FIRE 13 min	31 WILD THING 3 min CORPSE POSE 9 min		

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