



yogawithadriene.com

MEDITATE

May 2020 Yoga Calendar

#ywaMEDITATE
#yogawithadriene

					1 Yoga for Transitions 23 min RESOLVE TO EVOLVE MEDITATION 10 min	2 Yoga for Risk Takers 26 min MEDITATION TO START YOUR DAY 7 min
3 Yoga for Brain Power 11 min MEDITATION FOR LEARNING 13 min new	4 Healthy Body Yoga 20 min MEDITATION FOR HUMILITY 12 min	5 Yoga for Self Care 10 min MEDITATION FOR INNER PEACE 11 min	6 SIDE BODY FLOW 33 min	7 MOON PRACTICE 15 min FWFG: Yoga + Meditation - Moon 48m	8 GREET THE DAY 39 min FWFG: Yoga + Meditation - Sun 44m	9 Yoga Boost 7 min MEDITATION FOR MENTAL BALANCE & GROUNDING 17 min
10 ROSE YOGA 38 min	11 MORNING YOGA TO START YOUR DAY 26 min FWFG: Peace Before Screens Meditation 9m	12 YOGA FOR NURSES 29 min FWFG: Kundalini Meditation 18m	13 Yoga for Abdominal Wall 14 min MEDITATION FOR SELF LOVE 12 min	14 AHIMSA YOGA 35 min FWFG: Shanti Meditation 11m	15 Yoga for the Classroom 10 min CLASSROOM MEDITATION 6 min	16 BALANCING FLOW 33 min FWFG: Meditation for Meaningful Relationships 11m
17 YOGA MORNING FRESH 26 min	18 BEDTIME YOGA SEQUENCE 36 min	19 YOGA FOR STRESS MANAGEMENT 32 min FWFG: Mindfulness Meditation 17m	20 YOGA FOR CORE & BOOTY 28 min	21 LET IT GO YOGA FLOW 19 min FWFG: Rebirth Meditation 9m	22 Yoga Chill 6 min MEDITATION FOR ANXIETY 14 min	23 YOGA FOR GARDENERS 32 min
24 FULL BODY FLOW 19 min	25 30 DAYS - DAY 8 YOGA FOR HEALING & MEDITATION 28 min	26 YOGA CAMP - DAY 8 I CHOOSE 32 min	27 REVOLUTION - DAY 8 PRACTICE SERENITY 31 min	28 TRUE - DAY 8 SALVE 29 min	29 DEDICATE - DAY 8 MEDITATE 28 min	30 HOME - DAY 8 HEAL 26 min
31 GRATITUDE PRACTICE 37 min						

Get your FREE calendar and FREE YouTube playlist for the whole month on the YWA website.

The FWFG Meditation Practices can be found on the membership at fwfg.com.