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January 2023

All new 30 Day Yoga Journey kicks off!

Subscribe to the Yoga With Adriene YouTube channel so you don't miss anything!

NEW on FWFG!

DEC 1 - Monthly Vlog
DEC 8 - Relaxed Flow w/ Alia
DEC 15 - Active Meditation w/ Rey

1

YOGA BREATHING/
ALTERNATE NOSTRIL

10 min

2

HEALTH
BODY YOGA

20 min

3

YOGA FOR
RELAXATION
33 min

FWFG: Be. Like Benji
Ep 1

4

FILL YOUR CUP
20 min
LION'S BREATH
11 min

5

NEW
YOGA FOR
LYMPHATIC FLOW

6

YOGA TO CALM
YOUR NERVES
24 min
UJJAYI BREATHING
6 min

7

MORNING
YOGA FLOW
21 min

8

YOGA + PRANAYAMA
FOR THE SPINE
28 min

9

STILLNESS FOR
STRESS RELIEF
15 min

10

10 MIN YOGA FOR
SELF CARE
FWFG: Be. Like Benji
- Ep 2

11

BLANKET YOGA
40 min

12

YOGA
MORNING FRESH
35 min
FWFG: Awakening Flow
26 min

13

GENTLE YOGA
25 min
FWFG: Mobility Flow
27 min

14

YOGA FOR WHEN
YOU'RE ANGRY
18 min
FWFG: Warming Flow
26 min

15

FEEL GOOD FLOW
- 20 MIN YOGA FOR
HIPS
FWFG: Core and Hips
29 min

16

FELL GOOD FLOW -
20 MIN YOGA
FOR ABS
FWFG: Opening Flow
25 min

17

COZY YOGA
38 min
FWFG: Downtime
with Benji

18

YOGA FOR
ANXIETY AND STRESS
27 min
FWFG: Arms and
Shoulders
30 min

19

REUNITE WITH
YOUR BREATH
19 min
FWFG: Clearing Flow
28 min

20

YOGA FOR NEW
BEGINNINGS
19 min
FWFG: Light 1
29 min

21

YOGA TO FEEL
YOUR BEST
22 min
FWFG: Light 2
30 min

22

YOGA JOY
19 min
SELF LOVE MEDITATION
13 min
FWFG: Light 3
29 min

23

HEART
CHAKRA YOGA
FOR BEGINNERS
24 min
FWFG: Light 4
30 min

24

THROAT
CHAKRA YOGA
21 min
FWFG: Light 5
30 min

25

GIFT OF
RELAXATION
33 min
FWFG: Light 6
30 min

26

REUNITE WITH
YOUR BODY
20 min
FWFG: Light 7
30 min

27

8 MINUTE
MEDITATION

28

GENTLE, RELAXING,
COZY FLOW
21 min

29

SELF LOVE YOGA
50 min

30

YOGA FOR
CELEBRATING
20 min

31

YOGA FOR A
FRESH START
46 min

BREATHE

BREATHE
2022

The final month of the year and we are closing it in style. The style that knows that the most important accessory is your breath.

Welcome reflection, welcome inner child, welcome a slower pace amongst a busy season!

Amplify caring, compassion, and cultivate some extra time for self care and good deeds.

This curation of practices is designed to help you connect and amplify your relationship to your breath.

This season can bring up a lot. Use the most magnificent tool of your breath to make it beautiful.

Your December calendar is also designed to make movement fun, to help you stay focused on your mental, physical, and emotional health as we wrap up the year and get ready for what's to come.

This monthly plan takes out all the guesswork and makes it as easy as possible for you to show up. As always, it's free and available for all via the Yoga Adriene YouTube Channel.

You will also find some Find What Feels Good featured practices, in fact this month we are featuring SATURDAY MORNING CARTOONS with Benji on the FWFG App/FWFG.com.

Invite a friend, or make it a solo journey.
Take on the whole month, or pop in whenever it makes sense.

It's an honor to share this practice with you. Remember, the breath always comes first.

Love,
Adriene

Playlists

- Bookmark the playlist for easy access.
 - [free YouTube playlist](#)
 - [FWFG playlist for members](#)
- Learn more about the FWFG videos on the calendar by visiting [FWFG.com](https://www.fwfg.com).
- The two new practices will be added to the playlists after they are released on April 4th and 18th.

How it Works

- Follow along every day or drop in throughout the month.
- Invite someone to join you!
- Share your experience with the community. Follow the hashtag and tag your social posts with it.
- Connect with [@adrienelouise](#) and [@fwfglife](#) on Instagram.

#ywaREFRESH