



# GRATEFUL

November 2019 Yoga Calendar

#ywagrateful  
#yogawithadriene

					1 GROUNDING INTO GRATITUDE 34 min	2 REUNITE WITH YOUR BREATH 19 min
NEW 3 YOGA FOR CHRONIC PAIN 25 min	4 YOGA FOR A HEALTHY LIVER 29 min	5 YOGA FOR CHANGE & DRAIN 22 min	6 CONFIDENCE BOOST YOGA 29 min	7 YOGA FOR A RAINY DAY 23 min	8 YOGA BELLY 28 min	9 YOGA FOR ANXIETY 19 min
NEW 10 THROAT CHAKRA YOGA 21 min	11 MORNING YOGA TO START YOUR DAY 26 min	12 YOGA FOR SOCIAL ANXIETY 20 min	13 YOGA FOR GRATITUDE 37 min	14 YOGA TO GET THE JUICES FLOWING 8 min	15 SIDE BODY FLOW 33 min	16 ANCHOR IN HOPE 18 min
NEW 17 YOGA FOR VERTIGO 15 min	18 FEEL GOOD FLOW 19m  SHANTI SERIES YOGA FLOW FOR INNER PEACE 19 min	19 HEART & HIPS YOGA 26m  PRIMAL PEACE SEQUENCE 20 min	20 CORE POWER WAKE UP 23m  CALM CORE 14 min	21 MEDITATION TO RESTORE INNER PEACE 11m  SHANTI MEDITATION 11 min	22 YOGA FOR THE FEET 30 min	23 YOGA FOR TENSION RELIEF 28 min
NEW 24 FULL BODY FLOW 19 min	25 TAKE 5 YOGA BREAK	26 STRESS MELT 26 min	27 YOGA FOR CHEFS 18 min	28 YOGA FOR DIGESTION 13 min	29 A LITTLE GOES A LONG WAY 21 min	30 I AM GRATEFUL (YOGA CAMP DAY 27) 37 min

The Shanti Series can be found on the FWFG membership/app.  
Get your free calendar and playlist for the month on the website at  
[yogawithadriene.com/calendar](http://yogawithadriene.com/calendar).