



OPEN

May 2019 Yoga Calendar

#ywaOPEN

#yogawithadriene

			1 HEART CHAKRA YOGA FOR BEGINNERS 23 min	2 A LITTLE GOES A LONG WAY 21 min	3 REVOLUTION DAY 13 PRACTICE OPENING 29 min	4 YOGA FOR THE SPINE 37 min
5 NEW TAKE 5 YOGA BREAK 5 min	6 YOGA FOR NEW BEGINNINGS 18 min	7 HEART & HIPS YOGA 26 min	8 TRUE DAY 9 OPEN 25 min	9 HIP OPENERS 11 min	10 YOGA FOR HIPS & LOWER BACK RELEASE 23 min	11 ANCHOR IN HOPE 17 min
12 NEW HEART OPENING ROSE YOGA 41 min	13 YOGA FOR MUSICIANS 25 min	14 REVOLVED SIDE ANGLE POSE 20 min	15 YOGA FOR FLEXIBILITY 16 min	16 YOGA FOR CYCLISTS 23 min	17 YOGA FOR TEXT NECK 28 min	18 YOGA TO GAIN PERSPECTIVE 35 min
19 NEW LOWER BACK LOVE 26 min	20 FWFG Yoga: FUEGO 44 min YT: Hips & Hammies 35 min	21 FWFG Yoga: TRANQUILO 28 min YT: Slow & Gentle Yoga 28 min	22 YOGA FOR WHEN YOU'RE SORE 17 min	23 30 DAYS DAY 20 HEART PRACTICE 27 min	24 YOGA FOR DIGESTIVE FLOW 25 min	25 YOGA FOR A HEALTHY LIVER 29 min
26 NEW UPPER BACK LOVE 23 min	27 YOGA FOR YOUR LUNCH BREAK 19 min	28 YOGA FOR HAMSTRINGS 23 min	29 YOGA FOR GOLFERS 20 min	30 YOGA FOR THE PSOAS 21 min	31 YOGA CAMP DAY 15 I AM OPEN 39 min	

Fuego and Tranquilo is a 2 part series on the FWFG Yoga membership.
Alternative free YouTube videos listed for non-members for May 20 & 21.
Get all the details at yogawithadriene.com/calendar.