



April 2019 Yoga Calendar

#ywaACT

#yogawithadriene

	1 YOGA FOR THE FUTURE 28 min	2 CONFIDENCE BOOST YOGA 29 min	3 SIDE BODY FLOW 33 min	4 YOGA FOR A RAINY DAY 23 min	5 YOGA FOR ACTORS 19 min	6 YOGA FOR WEIGHT LOSS BALANCE PRACTICE 57 min
7 NEW YOGA FOR GRIEF	8 MORNING YOGA TO START YOUR DAY 26 min	9 BALANCING OCEAN FLOW 26 min	10 YOGA FOR A DULL MOMENT 13 min	11 THIRD CHAKRA YOGA - SHOW YOUR GOLD 39 min	12 7 MINUTE MEDITATION TO START YOUR DAY	13 YOGA FOR WEIGHT LOSS HEALTHY ENERGY FLOW 36 min
14 NEW RESPECT & REPLENISH	15 YOGA MORNING FRESH 36 min	16 YOGA FOR BEGINNERS MIND 21 min	17 YOGA FOR WHEN YOU ARE STUCK 15 min	18 HEALTHY BODY YOGA 20 min	19 AHIMSA YOGA 35 min	20 YOGA FOR SELF DISCIPLINE 46 min
21 NEW YOGA TO FEEL YOUR BEST YOGA RITUAL DAY 1 - 21 min	22 YT: Grounding Yoga Practice 20 min YOGA RITUAL DAY 2 - 20 min	23 YT: Morning Yoga for Beginners 21 min YOGA RITUAL DAY 3 - 20 min	24 YT: Wake Up Yoga 11 min YOGA RITUAL DAY 4 - 20 min	25 YT: Morning Yoga Energizing 24 min YOGA RITUAL DAY 5 - 21 min	26 YT: 7 Minute Yoga Boost YOGA RITUAL DAY 6 - 21 min	27 YT: Sunrise Yoga 15 min YOGA RITUAL DAY 7 - 22 min
28 NEW MEDITATION FOR MENTAL BALANCE & GROUNDING	29 GREET THE DAY YOGA 39 min	30 MOVEMENT MEDICINE ENERGY 26 min				

Sign up for a free 7 day trial of the FWFG Yoga app to follow Yoga Ritual,
or follow the alternative YouTube videos listed for Apr. 21-27.

Get all the details at yogawithadriene.com/calendar.