

DECEMBER 2018 YOGA WITH ADRIENE CALENDAR

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Yoga for
Stress Relief
37mCandle Pose -
Foundations of
Shoulder Stand
Practice
new video!

Mon

Yoga for
Detox 20m

Tue

Yoga for
Sciatica 31m

Wed

10 Min
Yoga for
Self Care

Thu

Yoga for
Depression
15m

Fri

Yoga for
Couch
Potatoes
7mYoga for
Weight Loss -
Abs & Arms
27mYoga for
Equestrians
new video!Yoga for
Hangovers
22mGarland
Pose 9mYoga for
Anxiety 19mYoga for
Lower Back
Pain 15mYoga for
Loneliness
20mWeight Loss
Workout
38mAnchor in Hope
Practice
new video!Yoga for
Anxiety &
Stress 30mYoga for
the Winter
Blues 30mYoga for
Headaches
30mYoga for
Acid Reflux
12mMeditation
for Anxiety
14mConfidence
Boost Yoga
29mGift of
Relaxation
Practice
new video!7 Min
Yoga for
BedtimeCozy Yoga
38mYoga for
Healthy
Digestion
17mYoga for
Sensitive
Knees 31mFeel Good
Flow 19mYoga for
Insecurity
23m

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Yoga for
New
Beginnings
18mALL NEW & FREE
30 Days of Yoga
series begins in
Jan. 2019!Resolve
to Evolve
Meditation
new video!Get all the details &
FREE playlist at
yogawithadriene.com/calendarNew videos published
to YouTube Sundays
at 1 AM PST,
Will be added to the
YouTube playlist later
that day.