

STILL

October 2021



#ywaSTILL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 WAKE UP YOGA 11 min Meditation to Start Your Day 7 min	2 ABS, ARMS, and ATTITUDE 31 min Meditation for Learning 13 min
3 LOVE YOGA FLOW 35 min Meditation for Self Love 12 min	4 STILLNESS FOR STRESS RELIEF 15 min NEW VIDEO	5 YOGA FOR FORGIVENESS 33 min Meditation for Humility 12 min	6 YOGA FOR ANXIETY 16 min Meditation for Anxiety 14 min	7 YOGA FOR MOOD SWINGS 23 min Meditation for Inner Peace 14 min	8 YOGA FOR TRANSITIONS 22 min Resolve to Evolve Meditation 10 min	9 YOGA FOR UNCERTAINTY 51 min Meditation for Mental Balance & Grounding 17 min
10 YOGA WASH DETOX FLOW 23 min FWFG: Meditation for Renewal 15 min	11 A LITTLE GOES A LONG WAY 19 min FWFG: Witness the Sensation 11 min	12 FILL YOUR CUP 20 min FWFG: Rebirth Meditation 9 min	13 YOGA FOR A RAINY DAY 23 min FWFG: Meditation for Light 14 min	14 YOGA BELLY 28 min FWFG: Befriend Your Body 20 min	15 YOGA FOR A BROKEN HEART 23 min FWFG: Befriend Your Heart 18 min	16 YOGA FOR VULNERABILITY 35 min FWFG: Befriend Your Mind 10 min
17 YOGA TO SLOW YOUR ROLL 16 min FWFG: Kundalini Meditation 18 min	18 GENTLE MORNING YOGA 21 min FWFG: Peace Before Screens: Flow 14 min	19 MORNING YOGA TO START YOUR DAY 26 min FWFG: Peace Before Screens: Meditation 9 min	20 MOON PRACTICE 15 min	21 MOVEMENT MEDICINE - ENERGY 17 min	22 MOVEMENT MEDICINE - CALM 17 min	23 PRANAYAMA POTION 21 min
24 NO FEAR YOGA 37 min 31 YOGA FOR WHEN YOU ARE SCARED 28 min NEW VIDEO	25 YOGA FOR WHEN YOU FEEL DEAD INSIDE 27 min	26 YOGA FOR HEALTHY BLOOD FLOW 19 min	27 CROW POSE 10 min CROW PRACTICE 24 min	28 YOGA FOR INNER SPACE TRAVEL 13 min	29 YOGA FOR ZOMBIES 15 min	30 BREATH OF FIRE 13 min WILD THING 3 min CORPSE POSE 9 min

FREE downloadable calendar, playlist, and MORE on yogawithadriene.com.

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Welcome to your monthly yoga plan! Free for all to join and practice together.

Tis October.

Our theme: STILL

Your action: **Be still, and know yourself better.**

In a world of constant bustle, hustle, and grind, there is still opportunity to cultivate balance and influence our experience of the world in a positive and meaningful way.

This month we are turning a page, inviting in a new rasa, as we prioritize our mental health and emotional wellbeing. Prepare to move! But also prepare to gently turn over a new stone. What do you say?

Slow down, experience a sense of peace, build strength, and inner connection.

There is movement in stillness. There is power in the breath. Stillness can be challenging, but that is why this is a practice. Use this calendar for accountability and to connect to yourself and a global community!

This month is all about showing up DAILY to make big strides in your personal growth - mentally, physically, and emotionally.

Catch a **brand new practice** for STILLNESS on 10/4!

And hey, I know the world is super scary right now. So be sure to tune in on 10/31 for our annual YWA Halloween practice. I got your back.

Yours,
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](#).
- There are TWO new practices this month. They will be added to the playlists when they are released on Oct. 4 and Oct. 31.

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.

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YOGA with
ADRIENE