

RENEW

April 2021



#ywaRENEW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 YOGA RINSE 17 min	2 YOGA FOR CONCENTRATION & MENTAL FOCUS 26 min	3 RESPECT & REPLENISH 36 min
4 YOGA TO FEEL YOUR BEST 22 min	NEW YWA Video 5 YOGA FOR RENEWAL	6 FULL BODY FLOW 19 min	7 YOGA FOR MOOD SWINGS 23 min	8 YOGA FOR COURAGE 27 min	9 YOGA FOR A RAINY DAY 23 min	10 YOGA FOR A FRESH START 46 min
11 YOGA FOR BEDTIME 19 min FWFG REST Series: Relieve 35 min	12 BEDTIME YOGA SEQUENCE 36 min FWFG REST: Release 36 min	13 WIND DOWN YOGA 25 min FWFG REST: Tend 21 min	14 YOGA TO SLOW YOUR ROLL 16 min FWFG REST: Quiet 32 min	15 INTRO TO YIN YOGA 26 min FWFG REST: Deep Sleep 37 min	16 WIND DOWN YOGA 12 min FWFG REST: Sweet Dreams 15 min	17 7-MINUTE BEDTIME YOGA FWFG REST: Pre Bed Meditation 13 min
18 YOGA WASH DETOX FLOW 23 min + Meditation to Start Your Day 7 min	19 YOGA FOR BRAIN POWER 11 min + Resolve to Evolve Meditation 10 min	20 GROUNDING YOGA PRACTICE 20 min + Meditation for Inner Peace 11 min	21 YOGA FOR A DULL MOMENT 13 min + Meditation for Self Love 12 min	22 YOGA FOR THE FUTURE 29 min + Meditation for Humility 12 min	23 THROAT CHAKRA YOGA 21 min + Meditation for Learning 13 min	24 BALANCING YOGA 33 min + Meditation for Mental Balance & Grounding 17 min
25 YOGA FOR CREATIVITY 41 min	26 SIDE BODY FLOW 33 min	27 CONFIDENCE BOOST YOGA 27 min	28 CHAIR YOGA 17 min	29 YOGA FOR SUFFERING 20 min	30 BALANCING OCEAN FLOW 25 min	

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