

BRIDGE

February 2021



#ywaBRIDGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 PEACEFUL WARRIOR 27 min	2 WAKE UP YOGA 11 min	3 YOGA FOR NECK, SHOULDERS, & UPPER BACK 10 min	4 YOGA TIPS FOR THE HANDS 17 min	5 YOGA FOR LOW BACK & HAMSTRINGS 29 min	6 YOGA TO SHIFT PERSPECTIVE 20 min
7 YOGA FOR UNCERTAINTY NEW	8 YOGA FOR INSECURITY 23 min	9 FINDING YOUR CENTER 18 min	10 7-MINUTE YOGA FOR RUNNERS FWFG: Stepping Back with Rey 18 min	11 YOGA FOR ABDOMINAL WALL 13 min	12 WIND DOWN BEDTIME YOGA 12 min	13 FULL BODY FLOW 19 min
14 YOGA FOR LOVE 36 min FWFG: Befriend Your Body 20 min	15 HEART CHAKRA YOGA 23 min FWFG: Befriend Your Heart 18 min	16 SELF LOVE MEDITATION 12 min FWFG: Befriend Your Mind 10 min	17 7-MINUTE YOGA BOOST FWFG: Shoulder Health with Sumair 46 min	18 UPPER BODY STRENGTH 13 min	19 YOGA FOR SELF DOUBT 16 min	20 HEART & HIPS PRACTICE 26 min
21 PRANAYAMA POTION 21 min	22 10-MINUTE YOGA FOR SELF CARE	23 HEAD & HEART RESET 24 min	24 6-MINUTE YOGA FOR HIPS FWFG: Inquiry in Your Practice with Brandi 25 min	25 YOGA FOR FINGERS, HANDS, & WRIST CARE 11 min	26 YOGA FOR WHEN YOU ARE STUCK 15 min	27 YOGA KISS 40 min
28 FILL YOUR CUP 20 min						

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