



NURTURE

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#yogawithadriene

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April 2020 Yoga Calendar

			<p>1 MOVEMENT MEDICINE - ENERGY 16 min</p>	<p>2 MOVEMENT MEDICINE - CALM 17 min</p>	<p>3 ANCHOR IN HOPE 18 min</p>	<p>4 BALANCE PRACTICE 57 min</p>
<p>5 YOGA FOR VULNERABILITY 35 min <i>new</i></p>	<p>6 MORNING YOGA: GENTLE MORNING YOGA 26 min FWFG: YOGA RITUAL 1 - GROUND 21 min</p>	<p>7 YOGA STRETCH 21 min FWFG: YOGA RITUAL 2 - STRETCH 20 min</p>	<p>8 FINDING YOUR CENTER 18 min FWFG: YOGA RITUAL 3 - CORE 20 min</p>	<p>9 YOGA RINSE 17 min FWFG: YOGA RITUAL 4 - OXYGEN 20 min</p>	<p>10 YOGA WASH DETOX FLOW 23 min FWFG: YOGA RITUAL 5 - DETOX 21 min</p>	<p>11 CONFIDENCE BOOST YOGA 27 min FWFG: YOGA RITUAL 6 - POWER 21 min</p>
<p>12 UP YOUR CONNECT 18 min FWFG: YOGA RITUAL 7 - EASE 22 min</p>	<p>13 YOGA FOR A RAINY DAY 23 min</p>	<p>14 STRESS MELT 26 min</p>	<p>15 YOGA FOR CONNECTION 27 min</p>	<p>16 YOGA FOR A BROKEN HEART 23 min</p>	<p>17 YOGA TO SLOW YOUR ROLL 16 min</p>	<p>18 STRENGTHEN & LENGTHEN 40 min</p>
<p>19 RESPECT & REPLENISH 36 min</p>	<p>20 A LITTLE GOES A LONG WAY 19 min</p>	<p>21 GROUNDING YOGA PRACTICE 20 min</p>	<p>22 YOGA FOR THE FUTURE 29 min</p>	<p>23 TOTAL BODY YOGA - DEEP STRETCH 45 min</p>	<p>24 YOGA FOR BEDTIME 23 min</p>	<p>25 YOGA KISS 40 min</p>
<p>26 YOGA BELLY 28 min</p>	<p>27 PEACEFUL WARRIOR YOGA 27 min</p>	<p>28 YOGA FOR CREATING SPACE 28 min</p>	<p>29 YOGA TO HEAL STRESS 20 min</p>	<p>30 YOGA FOR MOOD SWINGS 23 min</p>		

Get your FREE calendar and FREE YouTube playlist for the whole month on the YWA website.

The FWFG Yoga Ritual 7-Day Yoga & Meditation Series can be found on the membership at fwfg.com.