

CULTIVATE

August 2021



#ywaCULTIVATE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 YOGA FOR STRENGTH 39 min	2 NEW YWA VIDEO MORNING YOGA FLOW 21 min	3 YOGA FOR GARDENERS 32 min	4 YOGA FOR SELF RESPECT 20 min	5 YOGA FOR BEGINNER'S MIND 21 min	6 YOGA FOR PSOAS 22 min	7 CONFIDENCE BOOST YOGA 27 min
8 DEEPEN & FLOW 49 min	9 PEACEFUL WARRIOR 27 min	10 A LITTLE GOES A LONG WAY 19 min	11 YOGA FOR EQUESTRIANS 33 min	12 YOGA FOR SWIMMERS 18 min	13 YOGA FOR WHEN YOU'RE IN A BAD MOOD 34 min	14 YOGA FOR STRENGTH & FOCUS 43 min
15 GREET THE DAY YOGA 39 min FWFG: Sthira + Sukha Flow 39 min	16 YOGA FOR FLEXIBLE MIND & BODY 22 min FWFG: Mindfulness Practice AM 28 min	17 YOGA FOR FORGIVENESS 33 min FWFG: Mindfulness Practice PM 29 min	18 SIDE BODY FLOW 33 min FWFG: On-the-go Flow 17 min	19 REVOLVED SIDE ANGLE 19 min FWFG: Hip Flow 20 min	20 YOGA FOR ANXIETY 16 min FWFG: Moon - Yoga + Meditation 48 min	21 HEALTHY ENERGY FLOW 36 min FWFG: Sun - Yoga + Meditation 44 min
22 AHIMSA YOGA 35 min	23 YOGA + PRANAYAMA FOR THE SPINE 28 min	24 YOGA FOR INSECURITY 23 min	25 YOGA FOR ANXIETY & STRESS 27 min	26 YOGA FOR MUSICIANS 25 min	27 YOGA FOR RUNNERS COOL DOWN 17 min	28 NO FEAR YOGA 37 min
29 CORE STRENGTH RITUAL 22 min	30 UPPER BACK LOVE 23 min	31 LOWER BACK LOVE 26 min				

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