

TRUE

30 DAY YOGA JOURNEY

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YOGA WITH ADRIENE
YOUTUBE CHANNEL

**ORIENTATION
DAY**

**DAY 1
MOTIVE**

**DAY 2
TRUST**

**DAY 3
STRETCH**

**DAY 4
FLOOR**

**DAY 5
HIGH**

**DAY 6
KINDLE**

**DAY 7
SALUD**

**DAY 8
SALVE**

**DAY 9
OPEN**

**DAY 10
DETOX**

**DAY 11
SOFTEN**

**DAY 12
CENTER**

**DAY 13
STRENGTH &
HARMONY**

**DAY 14
LISTEN**

**DAY 15
BELIEVE**

**DAY 16
SELF LOVE**

**DAY 17
CHARISMA**

**DAY 18
SURRENDER**

**DAY 19
THOUGHT**

**DAY 20
AWAKEN**

**DAY 21
FINESSE**

**DAY 22
RELEASE**

**DAY 23
BALANCE**

**DAY 24
BE KIND**

**DAY 25
BE AWARE**

**DAY 26
BE STILL**

**DAY 27
BE FREE**

**DAY 28
BE FEARLESS**

**DAY 29
BE BRAVE**

**DAY 30
BE YOU**

#YWATRUE
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