



EMBRACE

June 2019 Yoga Calendar

#ywaEMBRACE
#yogawithadriene

						1 YOGA TO FEEL YOUR BEST 22 min
NEW 2 ARMS, ABS & ATTITUDE 32 min	3 YOGA FOR SELF RESPECT 20 min	4 FINDING YOUR CENTER 18 min	5 WHEELCHAIR YOGA 11 min	6 YOGA FOR CREATING SPACE 28 min	7 12 MIN WIND DOWN YOGA	8 SELF LOVE YOGA 50 min
NEW 9 YOGA FOR RISK TAKERS 26 min	10 SELF LOVE (TRUE DAY 16) 41 min	11 YOGA FOR TEENS 20 min	12 YOGA FOR WHEN YOU'RE IN A BAD MOOD 34 min	13 YOGA FOR FLEXIBILITY 16 min	14 YOGA FOR CONNECTION 26 min	15 YOGA FOR LOVE 38 min
NEW 16 MOON PRACTICE 15 min	17 YOGA FOR WHEN YOU'RE ANGRY 18 min	18 HEAD & HEART RESET 24 min	19 YOGA FOR SELF DOUBT 16 min	20 HANDS FREE YOGA 16 min	21 UP YOUR CONNECT 18 min	22 RESPECT & REPLENISH 36 min
NEW 23 YOGA FOR RUNNERS: PHYSICAL & MENTAL STAMINA 20 min	24 YOGA FOR MOOD SWINGS 26 min	25 YOGA FOR CHANGE & DRAIN 22 min	26 SELF LOVE 23 min YT: 10 Min Yoga for Self Care	27 SELF WORTH 18 min YT: Yoga for Insecurity 23 min	28 SELF CONFIDENCE 28 min YT: Confidence Boost Yoga 29 min	29 IT'S COOL TO BE KIND 90 min YT: Wind Down Yoga 25 min
NEW 30 YOGA TO SLOW YOUR ROLL 16 min	Yoga Care Package and It's Cool to be Kind class are on the FWFG membership. Alternate free videos are listed for those who are not members on June 26-29. Follow along for free and get all the details at yogawithadriene.com/calendar .					