



COURAGE

#ywaCOURAGE
#yogawithadriene

yogawithadriene.com

June 2020 Yoga Calendar

	1 ABS, ARMS, & ATTITUDE 31 min	2 YOGA RINSE 17 min FWFG: ON THE GO FLOW 17 min	3 POWER YOGA BREAK 17 min	4 YOGA FOR UPPER BODY STRENGTH 13 min	5 TOTAL BODY - DEEP STRETCH 45 min	6 TOTAL BODY WORKOUT 61 min
7 YOGA FOR COURAGE 27 min NEW	8 BALANCING OCEAN FLOW 25 min	9 YOGA FOR STRENGTH 42 min FWFG: STRENGTH WITH SOUL 20 min	10 CORE STRENGTH RITUAL 22 min	11 YOGA FOR NECK & SHOULDER RELIEF 17 min	12 YOGA FOR GUT HEALTH 17 min	13 BALANCE PRACTICE 57 min
14 RUNNER'S YOGA 30 min	15 YOGA FOR DETOX & DIGESTION 20 min	16 FEEL GOOD FLOW 20 min FWFG: HIP FLOW 20 min	17 CORE POWER WAKE UP 23 min	18 YOGA FOR THE PSOAS 21 min	19 YOGA FOR WHEN YOU'RE SORE 17 min	20 YOGA TONE 22 min
21 YOGA WASH - DETOX FLOW 23 min	22 HIPS & HAMSTRINGS 35 min	23 YOGA FOR STRENGTH & FOCUS 43 min FWFG: PILLAR POWER 35 min	24 ABS & ARMS 27 min	25 TOTAL BODY - DEEP CORE 21 min	26 YOGA FOR TIRED LEGS 26 min	27 SHAKTI POWER FLOW 56 min
28 DEEPEN & FLOW 49 min	29 YOGA FOR MANUAL LABOR 22 min	30 YOGA FOR TENSION RELIEF 28 min FWFG: REBALANCE 37 min				

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

The **FWFG** practices can be found on the membership at fwfg.com and on the **FWFG** app.