



REUNITE

August 2019 Yoga Calendar

#ywaREUNITE
#yogawithadriene

				1 FINDING YOUR CENTER 18 min	2 YOGA FOR BRAIN POWER 11 min	3 YOGA FOR STRESS MANAGEMENT 32 min
4 NEW REUNITE WITH YOUR BREATH 19 min	5 CORE POWER WAKE UP 23 min	6 HANDS FREE YOGA 16 min	7 YOGA FOR SURFERS 32 min	8 YOGA FOR CONCENTRATION & MENTAL FOCUS 26 min	9 YOGA TO GAIN PERSPECTIVE 35 min	10 YOGA FOR SELF DISCIPLINE 46 min
11 NEW REUNITE WITH YOUR CORE CENTER 18 min	12 YOGA FOR THE FUTURE 28 min	13 YOGA FOR SELF RESPECT 20 min	14 HEALTHY BODY YOGA 20 min	15 MOON PRACTICE 14 min	16 YOGA WASH DETOX FLOW 23 min	17 YOGA FOR CONNECTION 26 min
18 NEW REUNITE WITH YOUR BODY 18 min	19 YOGA FOR THE SPINE 37 min	20 YOGA FOR SWIMMERS 18 min	21 YOGA FOR CREATING SPACE 28 min	22 NO FEAR YOGA 38 min	23 YOGA FOR LONELINESS 20 min	24 DEEPEN & FLOW 51 min
25 NEW CLASSROOM MEDITATION 6 min	26 ABS, ARMS, & ATTITUDE 31 min	27 YOGA FOR CYCLISTS 23 min	28 FEEL GOOD FLOW 19min	29 YOGA FOR GRATITUDE 37 min	30 12 MINUTE WIND DOWN YOGA	31 SELF LOVE YOGA 50 min

For Aug. 9 - 11 you are invited to join us
for our FREE YWA At-Home Retreat, "Reclaim Your Center".
Get all the details and the plan for this 3 day retreat at yogawithadriene.com/calendar.