



yogawithadriene.com

Dedicate

A 30 DAY YOGA JOURNEY

#ywadedicate

Day 1 DISCERN 49 min	Day 2 FOUNDATION 39 min	Day 3 OBSERVE 34 min	Day 4 FEEL 22 min	Day 5 FLOW 28 min	Day 6 CORE 28 min
Day 7 SURYA 17 min	Day 8 MEDITATE 28 min	Day 9 DIVINE 25 min	Day 10 EXPAND 25 min	Day 11 COURAGE 23 min	Day 12 CURATE 20 min
Day 13 SPACE 21 min	Day 14 GRACE 20 min	Day 15 REVEAL 17 min	Day 16 DULCE 23 min	Day 17 LEARN 26 min	Day 18 LOVE 22 min
Day 19 LISTEN 20 min	Day 20 LEAD 20 min	Day 21 LIGHT 20 min	Day 22 STEADY 22 min	Day 23 JOYFUL 20 min	Day 24 BALANCE 20 min
Day 25 ALIVE 13 min	Day 26 DROP 21 min	Day 27 POWER 31 min	Day 28 DEDICATE 19 min	Day 29 CELEBRATE 23 min	Day 30 LIBERATE 36 min