



CREATE

#ywaCREATE
#yogawithadriene

yogawithadriene.com

March 2020 Yoga Calendar

<p>1 YOGA TO AWAKEN YOUR INNER ARTIST 40 min NEW</p>	<p>2 YOGA FOR BEGINNER'S MIND 21 min</p>	<p>3 MORNING YOGA: ENERGIZING SEQUENCE 24 min</p>	<p>4 YOGA FOR RISK TAKERS 26 min</p>	<p>5 YOGA FOR CONCENTRATION & MENTAL FOCUS 26 min</p>	<p>6 YOGA FOR BRAIN POWER 11 min</p>	<p>7 SHAKTI POWER FLOW 56 min</p>
<p>8 YOGA FOR CHANGE & DRAIN 22 min</p>	<p>9 MOON PRACTICE 15 min</p>	<p>10 YOGA FOR INSECURITY 23 min</p>	<p>11 YOGA FOR STRENGTH & FOCUS 43 min</p>	<p>12 YOGA FOR WRITERS 29 min</p>	<p>13 YOGA FOR WHEN YOU'RE STUCK 15 min</p>	<p>14 SIDE BODY FLOW 33 min FWFG: YOGA FLOW TO UNLOCK CREATIVITY 27 min</p>
<p>15 YOGA FOR CREATIVITY 41 min</p>	<p>16 YOGA FOR SELF DOUBT 16 min</p>	<p>17 RAINBOW YOGA 17 min</p>	<p>18 REBIRTH YOGA 24 min</p>	<p>19 SUNRISE YOGA 15 min</p>	<p>20 YOGA JOY 18 min</p>	<p>21 YOGA FOR MUSICIANS 25 min FWFG: YOGA FOR ARTISTS 53 min</p>
<p>22 YOGA FOR SELF DISCIPLINE 46 min</p>	<p>23 YOGA TO GET THE JUICES FLOWING 8 min</p>	<p>24 THIRD CHAKRA YOGA- SHOW YOUR GOLD 39 min</p>	<p>25 OFFICE BREAK YOGA 14 min</p>	<p>26 YOGA FOR TEXT NECK 28 min</p>	<p>27 YOGA FOR ACTORS 19 min</p>	<p>28 HEART & HIPS PRACTICE 26 min FWFG OFF THE MAT: MEET THE ARTIST</p>
<p>29 YOGA TO GAIN PERSPECTIVE 35 min</p>	<p>30 YOGA FOR A DULL MOMENT 13 min</p>	<p>31 YOGA FOR DANCERS 23 min</p>				

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.