

S

M

T

W

T

F

S

Free practices all month long on YWA YouTube!  
Check out [FindWhatFeelsGood.com](https://www.findwhatfeelsgood.com) for Adriene's  
monthly member's vlog + other new uploads!

					1 GENTLE RELAXING COZY FLOW 20 min	2 AWAKEN THE ARTIST WITHIN 40 min
3 YOGA TO START YOUR DAY 26 min	4 CENTER DAY 19: PLAY 20 min	5 NEW YWA: VIN YIN RELAX AND FLOW 30 min	6 SHORT WAKE UP FLOW 14 min CALMING BREATHWORK 5 min	7 CANDLE POSE 31 min <b>FWFG:</b> <b>LIGHT- Root Chakra</b> 30 min	8 YOGA FOR FORGIVENESS 33 min <b>FWFG:</b> <b>LIGHT- Sacral Chakra</b> 30 min	9 HIPS & CORE VINYASA 12 min <b>FWFG:</b> <b>LIGHT- Solar Plexus</b> 29 min
10 YOGA JOY 20 min <b>FWFG:</b> <b>LIGHT- Heart Chakra</b> 30 min	11 20 MIN YOGA FOR BEGINNERS <b>FWFG:</b> <b>LIGHT- Throat Chakra</b> 31 min	12 YOGA FOR YOUR LUNCH BREAK 19 min <b>FWFG:</b> <b>LIGHT- Third Eye</b> 31 min	13 YOGA STRETCH 21 min <b>FWFG:</b> <b>LIGHT- Crown</b> 30 min	14 HEALTHY ENERGY FLOW 36 min <b>FWFG: Nervous System Health</b> 18 min	15 YOGA FOR SOCIAL ANXIETY 20 min	16 STILLNESS FOR STRESS RELIEF 15 min
17 CORE STRENGTH RITUAL 22 min	18 TRUE DAY 19: THOUGHT 22 min <b>FWFG:</b> <b>Four-Sided Core</b> 28 min	19 YOGA AND PRANAYAMA FOR THE SPINE 28 min	20 GIFT OF RELAXATION 33 min	21 YOGA FOR DANCERS 23 min <b>FWFG:</b> <b>Bedtime Breathwork</b> 7 min	22 YOGA FOR TRAVEL 24 min	23 YOGA FOR HOLIDAY MEAL DIGESTION 17 min <b>FWFG: Happy Holidays with Benji</b> 2 min
24 MEDITATION YOU CAN DO ANYWHERE 8 min TREE POSE 12 min	25 DEDICATE DAY 23: JOYFUL 20 min	26 YOGA FOR DIGESTION FLOW 25 min	27 HALF MOON POSE 14 min	28 YOGA FOR GRATITUDE 37 min	29 YOGA FOR RENEWAL 44 min	30 COZY YOGA 38 min <b>FWFG: Downtime with Benji</b> 11 min
31 YOGA FOR A FRESH START 46 min						

# WONDER

DECEMBER  
2023

Hello whimsical, wondrous December.

This is your invitation to let awe inspire you.  
Celebrate your light, spark your joy, relish in the WONDER of being,

communing,  
cozying up,  
winding down...

Your inner child will thank you.

This month brings you a calendar of free practices designed to help you find a sense of relief and recuperation during a season of holiday hustle and bustle.

Perhaps you might light a candle, burrow into a blanket, create a haven in your home, find peace on the mat, stretch deeply... intentionally.

May you take this time to reflect and retreat to your inner sanctuary, as the year winds down to a close, let us wind down consciously.

This December, ask yourself... What does wonder feel like? Perhaps it is reverence for the present moment? Maybe it is curiosity inviting you to ponder the miracle of aliveness?

As you contemplate this soul-inquiry, I invite you to shift your perspective, look at the world around you with new eyes. Have grace and compassion for yourself, marvel at how far you have come this year. Have faith in how far you have to go. How far we have to go together.

31 days of yoga and meditation practices to guide you, comfort you, and- hopefully- instill a sense of wonder into your body, heart and mind. I celebrate you. I am practicing alongside you.

Soon- get ready for 30 Days of Yoga to kick off the new year. I can't wait to FLOW with you.

I am also excited to share all of the new, beautiful, transformative practices we have in store for you this month. Including a Pilates Variations series with Liz, plus another nervous system practice from Jenn Wooten, all on the FWFG app. And of course, I've got you covered with more mindful practices on YWA, a gift for all.

To Wonder!

## Playlists

- Bookmark the playlist for easy access.
  - free YouTube playlist
  - FWFG playlist for members
- Learn more about the FWFG videos on the calendar by visiting [FWFG.com](https://www.fwfg.com).

## How it Works

- Follow along every day or drop in throughout the month.
- Invite someone to join you!
- Share your experience with the community. Follow the hashtag and tag your social posts with it.
- Connect with [@adriene\\_louise](https://www.instagram.com/adriene_louise) and [@fwfglife](https://www.instagram.com/fwfglife) on Instagram.

**#ywaWONDER**