

EXHALE

MARCH
2024

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Free practices every day and all month long on the Yoga With Adriene YouTube Channel!
Join the FWFG Family at [FindWhatFeelsGood.com](https://www.findwhatfeelsgood.com) for Adriene's new monthly member's vlog + exclusive videos for both on and off the mat.
Join us 3/11-3/17 for Breathing Room, a 7 Day Series with Adriene on FWFG.

1
REUNITE WITH
YOUR BREATH
19 min

2
VICTORIOUS
BREATH
06 min
YOGA FOR NECK,
SHOULDER & UPPER
BACK
11 min

3
YOGA FOR CHANGE
AND DRAIN
23 min
FWFG: Yoga for Adrenal
Fatigue w/ Marnie
24 min

4
TOTAL BODY
YOGA
45 min

5
NEW
CHEST/UPPER BODY
OPENING FLOW
24 min

6
BREATH DAY 11: FLOW
22 min
FWFG: Breathe and Flow
w/ Alia
28 min

7
YOGA BELLY
29 min

8
HEART & HIPS
PRACTICE
26 min

9
PRANAYAMA
POTION
21 min

10
YOGA FOR
SENSITIVE KNEES
31 min

11
YOGA & PRANAYAMA
FOR THE SPINE
18 min
FWFG: Breathing Room:
Clearing Flow
29 min

12
NEW
10 MIN FULL
BODY STRETCH
18 min
FWFG: Breathing Room:
Arms & Shoulders
30 min

13
MEDITATION FOR
MENTAL BALANCE &
GROUNDING
17 min
FWFG: Breathing Room:
Opening Flow
29 min

14
YOGA FOR A DULL
MOMENT
13 min
FWFG: Breathing Room:
Core & Hips
29 min

15
10 MIN MORNING
YOGA
10 min
FWFG: Breathing Room:
Warming Flow
26 min

16
FEEL GOOD FLOW -
UPPER BODY
26 min
FWFG: Breathing Room:
Mobility Flow
27 min

17
RAINBOW YOGA
17 min
FWFG: Breathing Room:
Awakening Flow
27 min

18
ALTERNATE
NOSTRIL
BREATHING
11 min

19
YOGA FOR WHEN
YOU ARE FEELING
UNMOTIVATED
22 min

20
30 DAYS OF
YOGA DAY 19:
BREATH & BODY
PRACTICE
21 min

21
10 MIN
BALANCING
BREATHWORK
10 min

22
MOVEMENT MEDICINE-
CALMING PRACTICE
18 min
FWFG: Mindfulness with
Breath Technique AM
28 min

23
MEDITATION FOR
ANXIETY
14 min
FWFG: Mindfulness with
Breath Technique PM
30 min

24
CORE & RESTORE
28 min

25
5 MIN CALMING
BREATHWORK
05 min
STILLNESS FOR
STRESS RELIEF
15 min

26
YOGA FOR
TIRED FEET
14 min

27
BREATH OF FIRE
14 min

28
YOGA FOR FOCUS
& PRODUCTIVITY
10 min
NEW FWFG: Flow &
Breathwork
21 min

29
MOVE DAY 25:
RELEASE
21 min

30
YOGA TO FEEL
YOUR BEST
23 min

31
RABBIT POSE
15 min

EXHALE

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What are you waiting for? Join me this March as we explore the magnificent power of an exhalation. Each month we offer a free curation of classes, so that everyone has access to the guidance, tools, and support needed to care for themselves and others with ease, vibrancy, and peace. You will find all of these videos on the Yoga With Adriene YouTube channel.

In addition, we offer more practices, extended Savasanas, weekend and week-long series, kitchen videos, meditations, guest teachers and more styles of yoga on our Find What Feels Good platform.

THIS MONTH: E X H A L E

You will find a thoughtful curation of practices that range from breath centric hatha yoga to vinyasa yoga, to individually focused pranayama technique videos - all to build your vocabulary and learn how breathing effectively changes your brain state. Be sure to drop in for the brand NEW free classes this month - they are not to be missed so if you only get to drop in here and there this month - drop in for the new sessions!

For those seeking a little intermediate to advanced practice, or those just looking to meet a new edge - join me for my featured weeklong series (7 day challenge anyone?) called Breathing Room - on Find What Feels Good.com!

A tribute to the exhale, I look forward to seeing you on the mat.

Love,
Adriene

YOGA with
ADRIENE

FIND WHAT
Feels Good

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 [@adrienelouise](#) and [@fwfglife](#) on Instagram.

#ywaEXHALE