

# INTUIT

AUGUST  
2023

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<p>Free practices all month long on YWA YouTube! Check out <a href="https://www.findwhatfeelsgood.com">FindWhatFeelsGood.com</a> for Adriene's monthly member's vlog + other new uploads!</p> <p>Join us 8/14-8/20 for a brand new 7 Day Wake Up with Alia on FWFG.</p>		1 REVOLUTION - DAY 30 - INTUITION PRACTICE 27 min	2 MOVEMENT MEDICINE - ENERGY 17 min	3 MOVEMENT MEDICINE - CALMING PRACTICE 17 min	4 YOGA FOR STRENGTH & FOCUS 43 min	5 THIRD CHAKRA YOGA - SHOW YOUR GOLD 39 min
6 30 DAYS OF YOGA - DAY 8 - YOGA FOR HEALING & MEDITATION 28 min	7 <b>NEW</b> PRENATAL YOGA 22 min	8 YOGA CAMP - DAY 10 - I AM PRESENT 39 min	9 YOGA FOR GUT HEALTH 18 min	10 MEDITATION FOR INNER PEACE 11 min	11 YOGA FOR CREATIVITY 41 min	12 YOGA FOR GRATITUDE 35 min
13 YOGA FOR DIABETES 29 min	14 <b>NEW</b> 10 MIN BALANCING BREATHWORK <b>FWFG: Day 1 Wake Up:</b> Low Back 11 min	15 YOGA FOR MUSICIANS 25 min <b>FWFG: Day 2 Wake Up:</b> Neck and Shoulders 10 min	16 HEART CHAKRA YOGA 23 min <b>FWFG: Day 3 Wake Up:</b> Hips and Hammies 12 min	17 QUICK RESTORE YIN 17 min <b>FWFG: Day 4 Wake Up:</b> Mild Wake Up Flow 17 min	18 YOGA BELLY 30 min <b>FWFG: Day 5 Wake Up:</b> Medium Wake Up Flow 14 min	19 YOGA FOR SELF DISCIPLINE 46 min <b>FWFG: Day 6 Wake Up:</b> Spicy Wake Up Flow 16 min
20 CORE POWER WAKE UP 23 min <b>FWFG: Day 7 Wake Up:</b> Full Length Flow 50 min	21 PEACEFUL WARRIOR YOGA 27 min	22 THROAT CHAKRA YOGA 20 min	23 MEDITATION FOR LEARNING 12 min	24 YOGA FOR WRITERS 29 min	25 YOGA FOR SELF DOUBT 16 min	26 BALANCING YOGA 33 min
27 AIRPORT YOGA 13 min	28 YOGA FOR BEGINNERS MIND 21 min	29 SELF LOVE MEDITATION 13 min	30 FINDING YOUR CENTER 18 min	31 YOGA FOR STRESS RELIEF 37 min		

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Listen to your gut. Your August practice calendar is here! (And it's free to participate, no sign up required!)

Simply download the calendar and playlist and let's make a point to show up, together.

This month curation of practices were designed and selected for their focus on developing and nurturing your intuition, your inner voice.

These practices will help you tap into the first three chakras, assist you in finding a more settled mind as well as feel more in tune with your body.

Deepen your relationship with your body and your breath.  
Align with your current true voice.  
And let that whisper guide the way!

Accountability is awesome - share this calendar with a friend!

**Note\*** We have a brand new morning series that we are practicing as a community, no stops, starting Monday August 14th. I will be taking this week-long challenge with YOU on the Find What Feels Good App!

Find What Feels Good Members may access the 7-Day Wake Up series with Alia on the membership, but anyone can take the challenge with me by using the FWFG Free Trial. Simply start your trial on 8/14. <http://www.fwfg.com/join>

Your Friend,  
Adriene

## 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](http://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 [@adriemelouise](#) and [@fwfglife](#) on Instagram.

[#ywaINTUIT](#)