

ROOT

APRIL
2023

S M T W T F S

<p>Join us for these new videos with Adriene on Find What Feels Good Yoga App: April 6 ~ VLOG April 10 ~ April 16 ~ NOURISH ~ A 7-Day Reset</p>						1 ROOT TO RISE 33 min
2 ANCHOR IN HOPE 18 min	3 NEW To YouTube QUICK RESTORE 17 min	4 YOGA TONE 22 min	5 BOUND ANGLE POSE 11 min	6 YOGA FOR A RAINY DAY 23 min	7 BREATH OF FIRE 13 min YOGA FOR SOCIAL ANXIETY 20 min	8 YOGA TO GAIN PERSPECTIVE 35 min
9 YOGA TO FEEL YOUR BEST 22 min Get Ready for NOURISH!	10 YOGA TO SHIFT PERSPECTIVE 20 min FWFG: Nourish Day 1 ~ Respect	11 MEDITATION FOR MENTAL BALANCE AND GROUNDING 17 min FWFG: Nourish Day 2 ~ Ground	12 YOGA FOR CHANGE AND DRAIN 22 min FWFG: Nourish Day 3 ~ Release	13 RESPECT and REPLENISH 40 min FWFG: Nourish Day 4 ~ Replenish	14 YOGA WASH - DETOX FLOW 23 min FWFG: Nourish Day 5 ~ Detoxify	15 YOGA TO CALM YOUR NERVES 24 min FWFG: Nourish Day 6 ~ Support
16 YOGA FOR RENEWAL 44 min FWFG: Nourish Day 7 ~ Renew	17 LIZARD POSE 10 min YOGA FOR WHEN YOU ARE FEELING SCARED 28 min	18 MOUNTAIN POSE 12 min FULL BODY FLOW 20 min	19 FINDING YOUR CENTER 18 min	20 GROUNDING INTO GRATITUDE 34 min	21 SUNRISE YOGA - 15 MIN MORNING YOGA PRACTICE	22 EARTH DAY GROUNDING YOGA PRACTICE 20 min
23 YOGA FOR WEIGHT LOSS BALANCE PRACTICE 58 min	24 YOGA FOR WHEN YOU ARE FEELING UNMOTIVATED 22 min	25 YOGA FOR CONNECTION 27 min	26 GODDESS POSE 8 min MOON PRACTICE 15 min	27 YOGA FOR CONCENTRATION and MENTAL FOCUS 27 min	28 TREE POSE 12 min FWFG: Hip Stability with Rey 21 min	29 YOGA FOR YOUR BUTT AND THIGHS 29 min
30 DETOX AND RESET 40 min						

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Your April Yoga plan of action is here!

Through daily practice we provide ourselves with the opportunity to regulate the nervous system and bring balance to the mind and body. Reconnect and allow your mental and energetic state to change with the single sweet act of grounding.

Put your feet in the earth. Work in the garden. Begin a new project you have been thinking about for some time. Prepare the soil.

When we integrate daily grounding practice into our lives we inherently begin to observe our circuitry more.

Notice how even just the simple act of rooting your barefeet into the earth can shift the way you posture yourself and breathe.

This month's curation of practices are cleansing, grounded, physical and fun!

Root to rise. Let's grow.

*All are invited to practice **NOURISH - A 7 Day Reset** starting on April 10th. [Find What Feels Good Members](#) may access it with membership, but anyone can take the challenge on by using the [FWFG Free Trial](#). Simply Start your trial on 4/10.

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.

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.

#ywaROOT