

ADMIRE

FEBRUARY
2024

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<p>Free practices every day and all month long on the Yoga With Adriene YouTube Channel! Join the FWFG Family at FindWhatFeelsGood.com for Adriene's new monthly member's vlog + exclusive videos for both on and off the mat. <i>Join us 2/18-2/24 for a 7 Day Pilates Series with Liz on FWFG.</i></p>				1 HEAD & HEART RESET 25 min	2 UPPER BACK LOVE 23 min	3 DATE NIGHT YOGA 38 min <i>FWFG: Befriend Your Heart 18 min</i>
4 DETOX & RESET 41 min	5 FREEDOM GLOW FLOW 28 min	6 NEW YOGA FOR TIRED FEET 14 min	7 QUICK RESTORE 17 min	8 WIND DOWN YOGA 12 min <i>FWFG: Posture Reset 17 min</i>	9 LOWER BACK LOVE 27 min <i>FWFG: Yoga Therapy: Low Back Love 41 min</i>	10 YOGA FOR CHEFS 18 min
11 CONFIDENCE BOOST YOGA 27 min	12 TRUE: DAY 16 - SELF LOVE 41 min	13 HEART CHAKRA YOGA 24 min <i>FWFG: Heart Chakra Chat with Rey 14 min</i>	14 LOVE YOGA FLOW 35 min	15 HERO POSE 16 min <i>FWFG: Sweet & Slow with Alia 17 min</i>	16 FEEL GOOD FLOW 24 min	17 SLOW & GENTLE YOGA 29 min
18 YOGA FOR LOVE 36 min <i>FWFG: Pilates Variation 18 min</i>	19 BLANKET YOGA 40 min <i>FWFG: Pilates Variation 16 min</i>	20 NEW YOGA QUICKIE - QUAD RELEASE 14 min <i>FWFG: Pilates Variation 18 min</i>	21 YOGA PE - HEART 11 min <i>FWFG: Pilates Variation 11 min</i>	22 YOGA FOR VULNERABILITY 35 min <i>FWFG: Pilates Variation 13 min</i>	23 ROSE YOGA 39 min <i>FWFG: Pilates Variation 13 min</i>	24 YOGA PARTY 29 min <i>FWFG: Pilates Variation 22 min</i>
25 SELF LOVE YOGA 50 min	26 REVOLUTION: DAY 28 - HEART PRACTICE 26 min	27 MEDITATION FOR INNER PEACE 11 min	28 FILL YOUR CUP YOGA 21 min	29 YOGA KISS 40 min <i>FWFG: Yoga for Desk Jobs with Tyler 31 min</i>		

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Take a deep flirtatious fun rescuing breath in this February as the journey of taking conscious time and space with yourself continues. 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, series, and more styles of yoga on our Find What Feels Good platform.

THIS MONTH: ADMIRE

Cultivate love, respect and resilience as you admire how far you have come, where you are, and who you see in that mirror! You are gorgeous. Inside and out. Self love is the practice and with this curation of classes you get a chance to be your own secret (or not so secret) admirer on the mat and in your life. Show admiration for your conscious breathing skills and how they can transform a moment or your day! Learn how to admire yourself through a relationship with your inner mirror. Love who you see in the reflections. Surround yourself with people who see you and support you. Is it possible to admire your feet more, or at least appreciate them? (New! Yoga For Tired Feet this month!) Love Wins. Take a date night with yoga with yourself or a friend.

This month is a true Yoga Love Party. May it end with a chef's (yoga) kiss!

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

#ywaADMIRE