

BUILD

APRIL
2024

S	M	T	W	T	F	S
	1 YOGA FOR INNER SPACE TRAVEL 14 min	2 NEW YOGA FOR ABDOMINAL STRENGTH 27 min	3 POWER YOGA BREAK 17 min	4 YOGA FOR LYMPHATIC FLOW 27 min	5 RESOLVE TO EVOLVE MEDITATION 11 min	6 STRENGTHEN & LENGTHEN 41 min <i>Rewiring the Upper Body with Sumair</i> 22 min
7 CHEST & UPPER BODY OPENING FLOW 24 min <i>Rewiring the Lower Body with Sumair</i> 20 min	8 MOON PRACTICE 15 min	9 MOVE - DAY 27 - STRONG 22 min <i>Yoga Pilates Fusion</i> 34 min	10 RESPECT & REPLENISH 40 min	11 MEDITATION FOR BALANCING THE NERVOUS SYSTEM 12 min NEW <i>Nervous System Health - Be Unbothered with Jenn</i> 18 min	12 YOGA FOR SWIMMERS 18 min	13 SIDE BODY FLOW 33 min
14 YOGA CAMP - DAY 25 - I AM STRONG 28 min	15 YOGA FOR PSOAS 22 min	16 NEW LOWER BODY STRENGTH 29 min	17 YOGA FOR THE FUTURE 29 min	18 YOGA FOR SCOLIOSIS 25 min NEW <i>Pilates: Back Strength</i> 14 min	19 YOGA FOR UPPER BODY STRENGTH 13 min <i>Workout with Aaron - Upper Body</i> 12 min	20 ABS, ARMS & ATTITUDE 32 min <i>Workout with Aaron - Core</i> 16 min
21 TOTAL BODY YOGA - DEEP CORE 21 min <i>Workout with Aaron - Full Body</i> 14 min	22 EARTH DAY PRACTICE GROUNDING YOGA PRACTICE 20 min	23 YOGA FOR STRENGTH & FOCUS 43 min	24 YOGA FOR TIRED LEGS 27 min	25 YOGA FOR RUNNERS - PHYSICAL & MENTAL STAMINA 20 min NEW <i>Stretch and Core</i> 23 min	26 TREE POSE 12 min <i>Stepping Back with Rey</i> 19 min	27 DEDICATE - DAY 27 - POWER 31 min
28 YOGA FOR CYCLISTS 24 min	29 10 MINUTE FULL BODY STRETCH 10 min	30 YOGA FOR GARDENERS 32 min	Free practices 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.			

BUILD

APRIL
2024

Join me this April for a super fun, thoughtfully curated month of classes designed to help you step into your field of dreams.

This month we focus primarily on building strength, but perhaps more importantly on building a healthy relationship with resilience. You will find all of these videos for free on the Yoga With Adriene YouTube channel.

In addition, we offer more intermediate practices, extended savasanas, functional movement training, fitness workouts, weekend and week-long series, kitchen videos, plus meditations from myself and hand picked guest faculty on our [Find What Feels Good platform](#).

THIS MONTH: B U I L D

Be sure to drop in for the brand NEW free classes this month both on Yoga With Adriene and Find What Feels Good - they are current and 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 boost in your month of building new habits, rewiring to fresh patterns, along with building muscle tone, flexibility, nervous system resilience and building self love - Join me for our highlighted 3 Day Series with new guest instructor Aaron Alexander on FWFG! Get ready to build some serious heat together. ;)

See you on the mat this April!

Love,
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](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.

[#ywaBUILD](#)