



SEEK



S	M	T	W	T	F	S
<p>Free practices all month long on YWA YouTube! Check out FindWhatFeelsGood.com for Adriene's monthly member's vlog + other new uploads!</p>					1 DEDICATE - Day 23 - Joyful 20 min	2 YOGA CAMP - Day 28 - I CELEBRATE 33 min
3 YOGA FOR THE SERVICE INDUSTRY 17 min	4 YOGA FOR MANUAL LABOR 23 min	5 Happy 11th Birthday YWA! REBIRTH YOGA 24 min	6 YOGA FOR THE CLASSROOM 10 min	7 YOGA CAMP - Day 14 - GO WITH THE FLOW 29 min	8 CONFIDENCE BOOST YOGA 27 min	9 HAPPY BIRTHDAY YOGA 28 min
10 TRUE - Day 28 - BE FEARLESS 19 min	11 HOME - Day 13 - GROW 18 min	12 NEW MEDITATION FOR BALANCING THE NERVOUS SYSTEM 12 min	13 YOGA FOR NEW BEGINNINGS 19 min	14 HEALTHY BODY YOGA 20 min	15 YOGA FOR CONCENTRATION AND MENTAL FOCUS 27 min	16 RESPECT AND REPLENISH 40 min <i>FWFG: Pilates: Healthy Spine with Liz 23 min</i>
17 DEDICATE - Day 19 - LISTEN 20 min	18 BALANCING BREATHWORK 10 min	19 NEW YOGA FOR PANIC & ANXIETY 15 min	20 ANCHOR IN HOPE 18 min	21 YOGA FOR RISK TAKERS 26 min	22 YOGA FOR LYMPHATIC FLOW 27 min	23 YOGA FOR TEACHERS 30 min <i>FWFG: Yoga Therapy: Low Back Love 41 min</i>
24 YOGA TO SHIFT PERSPECTIVE 20 min	25 YOGA JOY 20 min	26 YOGA FOR TRANSITIONS 20 min	27 MOVE - Day 24 - PROCESS 22 min	28 YOGA FOR BEGINNERS - FOUNDATIONS OF FLOW 19 min	29 MOON PRACTICE 15 min	30 YOGA FOR CELEBRATING 25 min <i>FWFG: Yoga Therapy: Emotional Wellbeing 16 min</i>

SEEK

SEPTEMBER
2023

Your September practice calendar is here! Designed to help motivate you, support you, ground you and lift you. The cycle of a month is one in which we can start again, each time seeking new sensation, feedback, discovery and direction.

The yoga calendar is free for all to use and participate with. The goal is to take the guesswork out, make it accessible, and above all make sure everyone can drop in to a quality practice that is safe and empowering.

September marks the birthday of Yoga With Adriene! As we enter our 11 year as a community, I thank you for sharing your practice with me. It is an honor to be considered your guide, and your friend.

*"Out beyond ideas of wrongdoing
and rightdoing, there is a field.
I'll meet you there.*

*When the soul lies down in that grass
the world is too full to talk about.*

What you seek, is seeking you."

RUMI

Here's to a wonderful month! Remember, the hardest part is showing up.

Sincerely,
Adriene

*All practices are free on YouTube

*Find What Feels Good (FWFG) practices may be found at [FWFG.com](https://www.fwfg.com), thank you for being a member!

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.

[#ywaSEEK](#)

YOGA
with
ADRIENE

FIND WHAT
Feels Good