

EASE

OCTOBER
2023

S	M	T	W	T	F	S
1 BEDTIME YOGA SEQUENCE 37 min	2 SUKHASANA, THE EASY POSE 8 min MORNING YOGA FOR BEGINNERS - GENTLE MORNING YOGA 21 min	3 NEW YOGA FOR SICK RECOVERY 21 min	4 YOGA CAMP - DAY 11 I RELEASE 45 min	5 FUNDAMENTALS OF EASE 35 min	6 YOGA FOR STRENGTH AND FOCUS 43 min	7 YOGA FOR RELAXATION 33 min FWFG: Ease of Fight or Flight 27 min
8 CROW POSE 10 min CROW PRACTICE 24 min FWFG: Ease in the Seat of Fire - 25 min	9 QUICK STRESS FIX 5 min MEDITATION FOR INNER PEACE 11 min	10 STRESS MELT 25 min	11 YOGA TO CALM YOUR NERVES 24 min	12 30 DAYS OF YOGA - DAY 13 - ENDURANCE & EASE 26 min	13 STREET YOGA - YOGA YOU CAN DO ANYWHERE 14 min	14 PEACEFUL WARRIOR 27 min
15 INTRO TO YIN YOGA 26 min FWFG: Functional Movement with Sumair - Day 1 - 24 min	16 30 DAYS OF YOGA - DAY 1 - EASE INTO IT 35 min FWFG: Functional Movement with Sumair - Day 2 - 37 min	17 YOGA FOR PANIC & ANXIETY 15 min FWFG: Functional Movement with Sumair - Day 3 - 20 min	18 MORNING YOGA FLOW 20 min FWFG: Functional Movement with Sumair - Day 4 - 11 min	19 YOGA TO SLOW YOUR ROLL 16 min FWFG: Functional Movement with Sumair - Day 5 - 13 min	20 YOGA FOR STRESS RELIEF 37 min FWFG: Functional Movement with Sumair - Day 6 - 14 min	21 REVOLUTION - DAY 1 - PRACTICE EASE 24 min FWFG: Functional Movement with Sumair - Day 7 - 13 min
22 YOGA FOR WHEN YOU ARE SICK 20 min	23 FOUNDATIONS OF YOGA - WILD THING 3 min YOGA FOR COMFORT AND NOURISHMENT 25 min	24 MEDITATION FOR BALANCING THE NERVOUS SYSTEM 11 min	25 YOGA FOR ZOMBIES 15 min	26 YOGA FOR HEALTHY BLOOD FLOW 19 min	27 YOGA FOR INNER SPACE TRAVEL 14 min	28 YOGA FOR WHEN YOU FEEL DEAD INSIDE 27 min
29 YOGA FOR WHEN YOU ARE FEELING SCARED 28 min	30 YOGA FOR BONE HEALTH 21 min	31 NEW BRIDE OF PLANKENSPINE PRACTICE 18 min	Free practices all month long on YWA YouTube! Check out FindWhatFeelsGood.com for Adriene's monthly member's vlog + other new uploads! Join us 10/15-10/21 for a brand new 7 Day Functional Movement with Sumair on FWFG.			

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Oh sweet soft supportive October. Welcome. A new month.
And with it, another free yoga practice calendar to help you slink into daily practice and feel your sacred center.

Ease is what this month is about.

Strength with ease. Curiosity and ease. Creativity and ease. Rest with ease.

If there was ever a month to give the full 31 practices a try, this may be it. With a calming yet strengthening and fun curation, this set of sessions is sweet, spooky and designed to inspire the spontaneity of ease.

Allow ease in, let it surprise you.

Soften, let go.

I will see you on the mat!

October disclosure 🧛: It is a tradition that we do a Halloween video for all ages on the Yoga With Adriene channel - so you will see a week of Halloween themed practices including a brand new one on Halloween October 31. These are fun practices to inspire a playfulness and ease. Practice alone if you dare, or invite a friend to join you. (No tricks, just treats.)

FWFG members, join me for Sumair's Functional Movement Series this month! I challenge you to take the whole week with me! No stops. You won't regret it. Working with a professional trainer is an amazing way to deepen your practice and knowledge of your body to increase ability, ease, and avoid injury.

*Daily 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!

Much 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 [@adrieneLouise](#) and [@fwfglife](#) on Instagram.

[#ywaEASE](#)