

EXPAND

JULY
2023

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<p>Free practices all month long on YWA! Check out FindWhatFeelsGood.com for Adriene's monthly member's vlog + other new uploads! Join us 7/10-7/16 for a brand new Meditation For All challenge with Light Watkins on FWFG</p>						<p>1 FOUNDATIONS OF SHOULDER STAND 31 min</p>
<p>2 YOGA FOR FLEXIBLE MIND & BODY 22 min</p>	<p>3 NEW AIRPORT YOGA 13 min</p>	<p>4 FEEL GOOD FLOW: 25 MIN UPPER BODY YOGA</p>	<p>5 MORNING YOGA ON THE ROAD 10 min</p>	<p>6 YOGA FOR INNER SPACE TRAVEL 14 min</p>	<p>7 YOGA FOR WHEN YOU ARE STUCK 15 min</p>	<p>8 YOGA FLOW 19 min</p>
<p>9 YOGA FOR EQUESTRIANS 33 min</p>	<p>10 HEART & HIPS 26 min FWFG: Meditation for All: Day 1 14 min</p>	<p>11 RUNNER'S LUNGE 6 min FWFG: Meditation for All: Day 2 10 min</p>	<p>12 5 MIN FULL BODY STRETCH FWFG: Meditation for All: Day 3 12 min</p>	<p>13 YOGA FOR CYCLISTS 23 min FWFG: Meditation for All: Day 4 15 min</p>	<p>14 REUNITE WITH YOUR BODY 19 min FWFG: Meditation for All: Day 5 15 min</p>	<p>15 REUNITE WITH YOUR CENTER 19 min FWFG: Meditation for All: Day 6 14 min</p>
<p>16 REUNITE WITH YOUR BREATH 19 min FWFG: Meditation for All: Day 7 21 min</p>	<p>17 YOGA FOR CREATING SPACE 28 min</p>	<p>18 HIGH LUNGE YOGA POSE 6 min</p>	<p>19 STREET YOGA 14 min</p>	<p>20 YOGA FOR A FRESH START 46 min</p>	<p>21 TRAVEL YOGA: REVITALIZING FLOW 14 min</p>	<p>22 FREEDOM FLOW 18 min FWFG: Be. Like Benji Ep. 1</p>
<p>23 YOGA FOR ACTORS 19 min</p>	<p>24 BRAIN + BODY BALANCE 22 min</p>	<p>25 6 MIN YOGA FOR HIPS</p>	<p>26 6 MIN YOGA CHILL</p>	<p>27 7 MIN YOGA BOOST</p>	<p>28 BREATH: EXPAND 17 min</p>	<p>29 TAKE FIVE YOGA BREAK 6 min FWFG: Pilates Flexion Free: Core 17 min</p>
<p>30 LOVE WINS YOGA 21 min FWFG: Pilates Flexion Free: Upper Body 13 min</p>	<p>31 FREEDOM GLOW FLOW 28 min</p>					



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Take up space! Your July Yoga plan of action is here! (and it's free for all to join!)

Through daily practice we provide ourselves with the opportunity to experiment, follow what feels good and expand our understanding of what it means to live a balanced life.

This month's curation of practices invites you to travel, to shine light in the dark places, and open up to new possibilities.

When we integrate daily practice of physical and emotional exploration into our lives we inherently begin to observe our circuitry more. This allows us to expand our awareness in all parts of life - which can lead to a healthy nervous system, fit body, and a peaceful mental state.

Notice how even just the simple act of expanding your inhale and exhale can shift the way you posture yourself and see the world.

This month's curation of practices are playful, expansive and fun! They invite you to try something new, or reconnect to a daily practice that serves your current season of life.

Been curious about integrating Meditation into your life? Expand your practice this month and let's make it happen. Join us for Meditate For All, a 7-day meditation journey with my friend Light Watkins! Join the community challenge starting on July 10th. This series is PERFECT for meditation newbies, beginners, or those wanting to really start from square one.

Find What Feels Good Members may access the 7 day series with membership, but anyone can take the challenge on by using the FWFG Free Trial. Simply start your trial on 7/10.
<http://www.fwfg.com/join>

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.

[#ywaEXPAND](#)