

UNION

NOVEMBER
2023

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	2	3	4
			LOVE WINS 21 min	YOGA FOR FORGIVENESS 33 min	YOGA FOR CORE (AND BOOTY!) 28 min	YOGA FOR CREATING SPACE 28 min				
5	6	7	8	9	10	11				
CENTER DAY 25 - AMOR 24 min	MOVE DAY 18 - SAVOR 30 min	NEW SHORT WAKE UP FLOW 14 min	YOGA FOR A FRESH START 46 min	YOGA PARTY 29 min NEW FWFG: UNION PRACTICE 27 min	YOGA KISS TOTAL BODY FLOW 40 min	THROAT CHAKRA 21 min				
12	13	14	15	16	17	18				
CORE POWER WAKE UP 23 min	SELF LOVE YOGA 50 min	MOVE DAY 19 - EXPLORE 19 min	FEEL GOOD FLOW 19 min	DATE NIGHT YOGA 38 min	YOGA FOR NEW BEGINNINGS 19 min	YOGA FOR LOVE 36 min FWFG: Relationship Boost Yoga 33 min				
19	20	21	22	23	24	25				
DEDICATE DAY 18 - LOVE 22 min FWFG: Meditation for Meaningful Relationships 11 min	YOGA FOR FLEXIBILITY 16 min	NEW 5 MINUTE CALMING BREATHWORK	REUNITE WITH YOUR CENTER 19 min	YOGA FOR DIGESTION 13 min	WIND DOWN YOGA 12 min	MEDITATION FOR INNER PEACE 11 min FWFG: Rebirth Meditation 10 min				
26	27	28	29	30						
YOGA FOR SICK RECOVERY 21 min	SHAKTI POWER FLOW 57 min	BREATH DAY 7 - SYNCHRONIZE 27 min	GREET THE DAY YOGA 40 min	UP YOUR CONNECT 19 min						

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Oh November, sweet soulful, gratitude bursting, skin shedding, nourishing
November.

A time for embodiment of the new season.

What is important to nurture right now?

What feels critical?

What feels important, vital for your growth?

What feels loving, soft, strong and good?

I hope you enjoy this curation of practices and that the calendar serves as a
guiding post for more consistent practice.

I am getting married this month and feel the powerful nourishment of my
yoga practice holding me, supporting me and giving me space to explore my
presence and celebrate who I am and where I am going.

I hope you join me this month for all 30 sessions - or drop in for what you
can, when you can. There are no rules.

I would like to highlight a special Union Yoga Practice which releases on
Find What Feels Good on 11/9. Let's do this one together?

I am honored to practice alongside you.

Yours,
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.

[#ywaUNION](#)