



# MOTIVATE



MARCH  
2023

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<p><b>NEW on FWFG!</b></p> <p>March 9 - Pilates Fundamentals: Core (Liz) March 23 - Pilates Flexion Free: Upper Body (Liz)</p>			1 YOGA RINSE 18 min	2 BRAIN + BODY BALANCE 22 min	3 MOVEMENT MEDICINE - ENERGY PRACTICE 17 min	4 YOGA PARTY 28 min
5 TRAVEL YOGA REVITALIZING FLOW 14 min	6 <b>NEW</b> YOGA FOR WHEN YOU ARE FEELING UNMOTIVATED	7 MEDITATION FOR INNER PEACE 11 min	8 SHAKTI POWER FLOW 56 min	9 THROAT CHAKRA YOGA 21 min	10 CORE AND RESTORE 28 min	11 CROW PRACTICE 24 min FWFG: Fun with Props 22 min
12 MOVEMENT MEDICINE -CALM PRACTICE 17 min	13 YOGA PE - BODY 10 min	14 YOGA PE - HEART 11 min	15 YOGA PE - MIND 12 min	16 YOGA FOR MUSICIANS 25 min	17 RAINBOW YOGA 17 min	18 REBIRTH YOGA 24 min
19 YOGA JOY 19 min	20 YOGA WASH 23 min FWFG: Rise 1 17 min	21 MORNING YOGA ENERGIZING MORNING SEQUENCE 24 min FWFG: Rise 2 24 min	22 FEEL GOOD FLOW - YOGA FOR HIPS 20 min FWFG: Rise 3 23 min	23 FEEL GOOD FLOW - YOGA FOR ABS 20 min FWFG: Rise 4 29 min	24 FEEL GOOD FLOW - UPPER BODY 26 min FWFG: Rise 5 20 min	25 YOGA FOR A FRESH START 46 min FWFG: Rise 6 31 min
26 YOGA FOR GOLFERS 20 min FWFG: Rise 7 43 min	27 YOGA FOR BONE HEALTH 21 min	28 YOGA FOR SKATERS 26 min	29 YOGA FOR CELEBRATING 25 min	30 FUNDAMENTALS OF EASE 34 min	31 YOGA FOR RENEWAL 44 min	



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Hello! Welcome to your March Yoga Calendar!

This is it. This is your sign. Your invitation.

This is your monthly yoga plan, offered free of charge and created to remove as many obstacles as possible to help motivate you to the mat.

This month's collection is a combination of neuroscience based practices and fun practices that spark joy.

We have selected a group of practices that we feel best meet the practitioner where they are.

Expect to feel a shift in energy in these practices, while also noticing physical results.

Moving should be fun and ultimately this collection is designed to remind you that there is high reward and impact in the simple act of showing up.

SO - you show up. And together we will figure out the rest.

Thank you for trusting this sign, and I look forward to seeing you on the mat.

Share your journey with #YWAMOTIVATE & #YogaWithAdriene

LET'S DO THIS!!!!

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).
- The new practice will be added to the playlist after it is released on March 6.

## 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 [@adriene\\_louise](https://www.instagram.com/adriene_louise) and [@fwfglife](https://www.instagram.com/fwfglife) on Instagram.

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