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						1 NO FEAR YOGA 37 min
2 YOGA TO GAIN PERSPECTIVE 35 min	3 NEW 20 MIN INTERMEDIATE POWER YOGA	4 COUCH POTATO YOGA 7 min	5 SIDE BODY FLOW 33 min	6 YOGA FOR ACTORS 19 min	7 YOGA FOR MUSICIANS 25 min	8 YOGA FOR CYCLISTS 23 min
9 YOGA FOR GOLFERS 20 min	10 LET IT GO FLOW 19 min LION'S BREATH 11 min	11 YOGA FOR GARDENERS 32 min	12 YOGA FOR A DULL MOMENT 13 min	13 YOGA FOR DANCERS 23 min	14 YOGA FOR SWIMMERS 18 min	15 AWAKEN THE ARTIST WITHIN 40 min FWFG: Yoga for Artists 53 min
16 YOGA FOR CREATIVITY 41 min FWFG: Yoga Flow to Unlock Creativity 27 min	17 PRANAYAMA POTION 21 min	18 YOGA FOR TEXT NECK 28 min	19 YOGA FOR TRAVEL 23 min	20 YOGA FOR SKATERS 26 min	21 YOGA FOR CLIMBERS 29 min	22 YOGA FOR RUNNERS: 7 Min PRE-RUN 7 MIN POST-RUN
23 YOGA FOR STRESS RELIEF 37 min	24 BREATH OF FIRE 13 min CROW POSE 10 min WILD THING 3 min CORPSE POSE 9 min	25 CROW PRACTICE 24 min	26 YOGA FOR ZOMBIES 15 min	27 YOGA FOR HEALTHY BLOOD FLOW 19 min	28 YOGA FOR INNER SPACE TRAVEL 13 min	29 YOGA FOR WHEN YOU FEEL DEAD INSIDE 27 min
30 YOGA FOR WHEN YOU ARE FEELING SCARED 27 min	31 NEW YOGA FOR BONE HEALTH					

PLAY

OCTOBER
2022

Welcome October!

This month we are focusing on practices that bring us back into a play state. Yes you read that right. And before you are quick to maybe slough this one off, may I remind you of the importance of play for your brain?

Practicing playfulness in your yoga practice can cause changes in the front of your brain (the prefrontal cortex) that help wire your executive control system. This can play a very critical role in helping you regulate emotions and support you in the way you create plans and solve problems.

Your October calendar is designed to motivate you to be curious, to explore, and ultimately - tap into a playful curiosity to support whole brain integration on the mat.

Oh, and it's fun too.

As always, we try to make it as easy as possible for you to show up. If you found this calendar, the invitation is yours. Take on the whole month or drop in whenever it feels good.

Playdate with me?

See you on the mat,
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](#)
- The new practices will be added to the playlists after they are released on Oct. 3rd and Oct. 31st.

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 [@adrianelouise](#) and [@fwfglife](#) on Instagram.

[#ywaPLAY](#)