

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 YOGA FOR RISK TAKERS 26 min	2 FULL BODY FLOW 19 min <i>FWFG: Strength with Soul 20 min</i>	3 YOGA FOR UPPER BODY STRENGTH 13 min	4 YOGA FOR COURAGE 27 min	5 COMPASSION YOGA 58 min <i>FWFG: Truth is Beauty 52 min</i>
6 ROOT TO RISE 32 min <i>FWFG: Sthira + Sukha Flow 39 min</i>	<b>NEW VIDEO</b> 7 FEEL GOOD FLOW - ABS 21 min	8 YOGA FOR VULNERABILITY 35 min	9 YOGA FOR DANCERS 23 min	10 FUNDAMENTALS OF EASE 33 min	11 PEACEFUL WARRIOR YOGA 27 min	12 YOGA FOR CREATIVITY 41 min <i>FWFG: High Priestess Practice -Rey 40 min</i>
13 YOGA FOR STRENGTH 42 min <i>FWFG: Pillar Power Yoga 35 min</i>	14 YOGA FOR BRAIN POWER 11 min	15 BRAIN + BODY BALANCE 22 min	16 CONFIDENCE BOOST YOGA 27 min	17 RAINBOW YOGA 17 min	18 YOGA JOY 18 min	19 REBIRTH YOGA 24 min
20 YOGA FOR RENEWAL 44 min <i>FWFG: Meditation for Renewal 15 min</i>	21 MORNING YOGA FLOW 21 min <i>FWFG: RISE 1 17 min</i>	22 WAKE UP YOGA 11 min <i>FWFG: RISE 2 24 min</i>	23 MORNING YOGA TO START YOUR DAY 26 min <i>FWFG: RISE 3 23min</i>	24 GENTLE MORNING YOGA 25 min <i>FWFG: RISE 4 29 min</i>	25 SUNRISE YOGA 15 min <i>FWFG: RISE 5 20 min</i>	26 YOGA MORNING FRESH 36 min <i>FWFG: RISE 6 31 min</i>
27 YOGA FOR A FRESH START 46 min <i>FWFG: RISE 7 43 min</i>	28 REUNITE WITH YOUR BODY 18 min	29 REUNITE WITH YOUR BREATH 19 min	30 REUNITE WITH YOUR CORE CENTER 18 min	31 YOGA FOR CHANGE & DRAIN 22 min		

# EMBODY

March 2022

March is here.

Theme: EMBODIMENT

Individual Contemplation: What does embodiment look like for me? What do I want to embody this month?

Community Yoga: A curation of practices that help you reconnect to your body and make discoveries that propel you into some seriously inspired energy and growth.

The selection of videos for this calendar include invitations to connect to your core strength, and build vocabulary to more fully experience joy, peace, confidence, vulnerability.

Plus, join us as we embody renewal for the March Equinox and RISE to meet this new season.

Find community and connection via the month's hashtag.

#ywaEMBODY

#yogawithadriene

*For the days with an additional video marked as "FWFG", Find What Feels Good members are invited to pick from either of the practices on that day or both. Members choice!*

## 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 practice, Feel Good Flow - Abs, will be added to the playlists when it is released on Monday, March 7.

## 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.

**#ywaEMBODY**