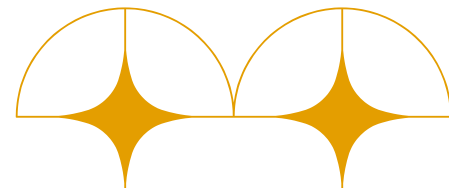


S	M	T	W	T	F	S
					1 REUNITE WITH YOUR CORE CENTER 18 min	2 YOGA FOR CORE (AND BOOTY!) 28 min
3 NO FEAR YOGA 37 min	4 FINDING YOUR CENTER 18 min	5 YOGA BELLY 28 min	6 FEEL GOOD FLOW- UPPER BODY 26 min	7 BRAIN BODY BALANCE 22 min	8 YOGA FOR GUT HEALTH 17 min	9 YOGA FOR EQUESTRIANS 33 min
10 COMPASSION YOGA - CORE STRENGTH VINYASA 58 min	11 YOGA FOR INSECURITY 23 min	12 CORE STRENGTH RITUAL 22 min	13 YOGA FOR FLEXIBLE MIND AND BODY 22 min	14 YOGA FOR DANCERS 23 min	15 FEEL GOOD FLOW- HIPS 23 min	16 YOGA FOR STRENGTH & FOCUS 43 min
17 YOGA TO GAIN PERSPECTIVE 35 min	18 YOGA FOR SURFERS 32 min	19 YOGA FOR ABDOMINAL WALL 14 min	20 YOGA FOR CONNECTION 27 min	21 FEEL GOOD FLOW - YOGA FOR ABS 20 min	22 YOGA FOR TRANSITIONS 22 min	23 YOGA FOR CLIMBERS - FLEXIBILITY & BALANCE 29 min
24 REVOLUTION DAY 25 18 min FWFG: Light- Root Chakra 29 min	25 REVOLUTION DAY 26 20 min FWFG: Light- Sacral Chakra 30 min	26 REVOLUTION DAY 27 27 min FWFG: Light- Solar Plexus 29 min	27 REVOLUTION DAY 28 26 min FWFG: Light- Heart Chakra 30 min	28 REVOLUTION DAY 29 14 min FWFG: Light- Throat Chakra 30 min	29 REVOLUTION DAY 30 27 min FWFG: Light- Third Eye 30 min	30 REVOLUTION DAY 31 34 min FWFG: Light- Crown Chakra 30 min
31 FEEL GOOD FLOW 19 min						



SPARK

JULY
2022

In a world full of noisy algorithms and around the clock messaging, what are you lending your ear to? What are you following? Where does your attention lead you?

This month is about tuning into what brings you life.

Through regular practice we create space in our days to listen to what our body and heart need most.

When we commit to making that space we automatically open ourselves up to an awareness and receptivity that often lies dormant. Daily practice helps us follow it through.

What gives you a spark?

What is depleting you?

Take initiative, set an intention, invite someone to practice with you!

Drop in for a class, or take on the whole month.

Showing up is the hardest part.

This calendar and playlist make it easier!

You won't regret it.

What would it feel like to honor the spark?

Celebrating your journey this month, and every month. See you on the mat!

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

#ywaSPARK