

# TRUE

## 30 DAY YOGA JOURNEY

YOGA *with*  
ADRIENE

ORIENTATION  
DAY  
2M

DAY 1  
MOTIVE  
24M

DAY 2  
TRUST  
36M

DAY 3  
STRETCH  
34M

DAY 4  
FLOOR  
33M

DAY 5  
HIGH  
24M

DAY 6  
KINDLE  
21M

DAY 7  
SALUD  
25M

DAY 8  
SALVE  
29M

DAY 9  
OPEN  
25M

DAY 10  
DETOX  
26M

DAY 11  
SOFTEN  
17M

DAY 12  
CENTER  
26M

DAY 13  
STRENGTH &  
HARMONY  
25M

DAY 14  
LISTEN  
26M

DAY 15  
BELIEVE  
18M

DAY 16  
SELF LOVE  
41M

DAY 17  
CHARISMA  
33M

DAY 18  
SURRENDER  
22M

DAY 19  
THOUGHT  
22M

DAY 20  
AWAKEN  
25M

DAY 21  
FINESSE  
21M

DAY 22  
RELEASE  
20M

DAY 23  
BALANCE  
22M

DAY 24  
BE KIND  
13M

DAY 25  
BE AWARE  
24M

DAY 26  
BE STILL  
24M

DAY 27  
BE FREE  
19M

DAY 28  
BE FEARLESS  
19M

DAY 29  
BE BRAVE  
25M

DAY 30  
BE YOU  
31M

#YWATRUE  
YOGAWITHADRIENE.COM

