

TRUST

May 2021



#ywaTRUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 ANCHOR IN HOPE 18 min
2 YOGA FOR GRATITUDE 37 min	3 NEW YWA VIDEO 12 MIN CORE CONDITIONING	4 YOGA FOR SOCIAL ANXIETY 20 min	5 YOGA FOR INSECURITY 23 min	6 YOGA FOR BEGINNER'S MIND 21 min	7 FINDING YOUR CENTER 18 min	8 YOGA FOR VULNERABILITY 35 min
9 ROSE YOGA HEART OPENING FLOW 38 min	10 HANDS FREE YOGA 15 min	11 DEEPEN & FLOW 49 min	12 YOGA FOR NURSES 29 min	13 REUNITE WITH YOUR BODY 18 min	14 REUNITE WITH YOUR CENTER 18 min	15 REUNITE WITH YOUR BREATH 19 min
16 ROOT TO RISE YOGA 32 min	17 YOGA FOR SELF RESPECT 20 min	18 CORE POWER WAKE UP 23 min	19 YOGA FOR UPPER BODY STRENGTH 13 min FWFG Conditioning: Upper Body 10 min	20 YOGA FOR YOUR BUTT & THIGHS 29 min FWFG Conditioning: Lower Body 10 min	21 YOGA CORE WORKOUT 11 min FWFG Conditioning: Core 10 min	22 RUNNER'S YOGA 30 min
23 NO FEAR YOGA 37 min	24 YOGA FOR ABS 8 min FWFG: Four-Sided Core with Rey 28 min	25 YOGA CHILL 6 min FWFG: Cooling the Core with Brandi 18 min	26 YOGA FOR TENSION RELIEF 28 min FWFG: Rebalance with Adriene 37 min	27 POWER YOGA BREAK 17 min	28 YOGA FOR RENEWAL 44 min	29 YOGA FOR SWIMMERS 18 min
30 HIPS & CORE VINYASA 12 min	31 YOGA FOR SURFERS 32 min	FREE downloadable calendar, playlist, and MORE on yogawithadriene.com.				