

Building a Yoga Foundation with Yoga with Adriene

November 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 The Easy Pose (Sukhasana) 8:07 Staff Pose (Dandasana) 6:33	2 Bound Angle Pose (Baddha Konasana) Reclining Bound Angle Pose (Supta Baddha Konasana) 10:51	3 Reclined Twist (Supta Matsyendrasana) 8:40 Wind-Relieving Pose (Pawanmuktasana) 9:19	4 Table Top Position 11:11 Extended Child's Pose (Utthitta Balasana) 6:14	5 Cat-Cow (Marjariasana-Bitilisana) 8:49 Victorious Breath (Ujjayi Breath) 6:52	6 Mountain Pose (Tadasana) 12:30 Standing Forward Fold (Uttanasana) 7:58	7 Runner's Lunge 6:03 Downward Facing Dog (Adho Mukha Svanasana) 7:57 Down Dog to Lunge Transitions 12:20
8 Plank Pose (Phalakasana) 7:01 Cobra Pose (Bhujangasana) 4:51 Locust Pose (Salabhasana) 8:04	9 Sun Salutation A (Surya Namaskara A) 4:52 Nadi Alternate Nostril Breathing (Shodhan Pranayama) 10:57	10 Engage Your Warrior 13:18 Equal Standing (Samasthiti) 2:26	11 Warrior I Pose (Virabhadrasana I) 6:56 Warrior II Pose (Virabhadrasana II) 5:15	12 Chair Pose (Utkatasana) 8:03 Breath of Fire (Kapalabhati Pranayama) 13:40	13 Knees, Chest & Chin Pose (Ashtanga Namaskar) 7:19 Corpse Pose (Savasana) 9:26	14 Sun Salutation B (Surya Namaskara B) 9:03
15 Tree Pose (Vrksasana) 12:08	16 Triangle Pose (Trikonasana) 8:24 Lion's Breath (Simhasana Pranayama) 11:19	17 Half Moon Pose (Ardha Chandrasana) 14:27	18 Extended Side Angle Pose (Utthita Parsvakonasana) 9:09	19 Yoga for Healthy Wrists 3:40 Side Plank Pose (Vasisthasana) 7:29 Wild Thing Pose (Camatkarasana) 3:18	20 Gate Pose (Parighasana) 14:16 Standing Wide-Legged Forward Fold (Prasarita Padottanasana) 12:57	21 Yoga for Healthy Posture 14:58
22 Bridge Pose (Setu Bandhasana) 9:45 Yoga for Daily Neck Relief 3:42	23 Warrior III (Virabhadrasana III) 13:49	24 Eagle Pose (Garudasana) 14:12	25 Garland Pose (Malasana) 9:09 Lizard Pose (Utthan Pristhasana) 10:12	26 Pigeon Pose 8:19 Hip Openers 11:15	27 Crow Pose (Bakasana) 10:52 Cooling Breath (Sitali Pranayama) 11:22	28 Standing Splits (Urdhva Prasarita Eka Padasana) 9:01
29 How to do a Headstand (Sirsasana) 17:59	30 Foundations of Flow (Vinyasa) 19:49 Legs up the Wall (Viparita Karani) 6:48					