



June 2016 FWFG Yoga Calendar

“Connect and support others. Cultivate positivity. Remember each day is different! The journey is the reward!” - Adriene Mishler

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Ease Into It- 34m “I acknowledge”	2 Stretch & Soothe- 33m “I consider”	3 Forget What You Know- 23m “I explore”	4 Yoga for Your Back- 20m “I create space”
5 Feel Alive- 16m “I renew”	6 Six Pack Abs- 16m “I support”	7 Total Body Yoga- 30m “I choose”	8 Yoga for Healing & Meditation- 28m “I release	9 Full Potential Detox Practice- 25m “I embrace”	10 10 Minute Sun Salutation- 12m “I rise”	11 Shakti Yoga Practice- 23m “I discover”
12 Yoga for Spinal Health- 17m “I seek”	13 Endurance & Ease- 25m “I commit”	14 Mindful Hatha Yoga Workout- 16m “I practice”	15 Half Hour Half Moon- 24m “I am here”	16 Easy Breezy Beautiful Yoga- 14m “I notice”	17 Happiness Boost- 34m “I am grateful”	18 Wonder Yoga- 21m “I open”
19 Breath & Body Practice- 21m “I breathe”	20 Heart Practice- 27m “I surrender”	21 Joyful Home Practice- 32m “I feel”	22 Full Body Awareness- 30m “I observe”	23 Freedom & Forgiveness- 23m “I accept”	24 Gentle Yummy Yoga- 18m “I allow. I release. I let go.”	25 Dancing Warrior Yoga Sequence- 12m “I dance”
26 Earth Practice- 23m “I connect”	27 Flexible, Fearless and Fun- 16m “I am bold”	28 Playful Yoga Practice- 19m “I wonder”	29 Sweet Surrender- 17m “I reflect”	30 Find What Feels Good- 21m “I fly”		Created by Sarah Bowman @sabe30 LiveSimplyTruly.com

All these videos are on the membership site, <https://yogawithadriene.vhx.tv>, and on the YWA YouTube channel in a playlist, <https://goo.gl/rywpCs>. We will be following the videos in the same sequence as the month, i.e. June 1st is Day 1, June 2nd is Day 2, and so on. If you have done this 30 day program before, relish in the rediscovery. If you’ve never done it before, take a few minutes and watch the intro video before you start.. It is the first video in the playlist on YT. I have created mantras for each day to accompany our practice. I tried to choose mantras that reflect the heart of each practice. I hope you find this helpful in your practice. Let’s connect and support each other by using #fwfg30Days.