

# Yoga STRONG

## May 2016 FWFG Yoga Calendar

Sometimes the months leading up to summer can be a time focused on taking away (diets, weight loss plans), how about we try something different this time? How about we focus on adding- adding mindfulness, adding strength, and adding awareness.

Use the power of yoga to strengthen and tone your body while cultivating self-love and a positive body awareness.

**“Develop the power of listening to your body.” - Adriene Mishler**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Shakti Power Flow 58m	<b>2</b> 30 Days of Yoga- Day 7- Total Body Yoga 30m	<b>3</b> Yoga Camp- Day 15 (Strengthen & Lengthen) 39m	<b>4</b> 30 Days of Yoga- Day 6- Six Pack Abs 16m	<b>5</b> Yoga for Weight Loss- Love Yoga Flow 35m	<b>6</b> EMPOWER- Heart Phase 1 45m	<b>7</b> Yoga for Your Butt & Thighs 29m
<b>8</b> Core Strength Ritual 22m	<b>9</b> Yoga for Weight Loss- Strength & Focus 43m	<b>10</b> Yoga for Weight Loss- Abs & Arms 27m	<b>11</b> EMPOWER- Stretch & Restore 24m	<b>12</b> 30 Days of Yoga- Day 22- Full Body Awareness 30m	<b>13</b> EMPOWER- Strength Phase 1 42m	<b>14</b> Yoga for Weigh Loss- Hips & Hammies 35m
<b>15</b> Yoga for Strength 42m	<b>16</b> EMPOWER- 10 minute Ab Workout 10m	<b>17</b> Yoga Camp- Day 25 (Fierce Goddess) 28m	<b>18</b> Yoga for Weight Loss- Balancing Practice 57m	<b>19</b> 30 Days of Yoga- Day 11- Shakti Yoga Practice 23m	<b>20</b> EMPOWER- Heart Phase 2 47m	<b>21</b> EMPOWER- Stretch & Soothe 40m
<b>22</b> Yoga Camp- Day 6 (Six Pack Abs II) 25m	<b>23</b> Yoga for Weight Loss- Total Body Workout 1:01	<b>24</b> 30 Days of Yoga- Day 12- Yoga for Spinal Health 17m	<b>25</b> EMPOWER- 10 minute Butt Workout 10m	<b>26</b> 30 Days of Yoga- Day 23- Freedom & Forgiveness 23m	<b>27</b> EMPOWER- Strength Phase 2 40m	<b>28</b> Yoga for Weight Loss- Strengthen & Lengthen 40m
<b>29</b> Yoga Tone 22m	<b>30</b> 30 Days of Yoga- Day 27- Flexible, Fearless & Fun 16m	<b>31</b> EMPOWER- Savasana 17m				Created by Sarah Bowman @sabe30 <a href="http://LiveSimplyTruly.com">LiveSimplyTruly.com</a>

All these videos can be found on the membership site, <https://yogawithadriene.vhx.tv>, and a majority of them are also on the YWA YouTube channel. You may be tempted to skip the 17m savasana video on day 31, please don't. Use that as a time to nurture yourself and reflect back over the month.