

LIGHT

DECEMBER BRINGS LIGHT AS WE MOVE THROUGH THE HOLIDAY SEASON
AND MOVE INTO THE NEW YEAR TOWARD WHAT IS TRUE.

More at yogawithadriene.com

December 1

Movement
Medicine -
Energy 16m

Yoga for
Anxiety &
Stress 30m

Heart Chakra

Yoga for
Beginners
[New YT vid](#)

Yoga Morning
Fresh 36m

Let It Go Yoga
Flow 22m

Yoga for
Anxiety 19m

Balancing
Ocean Flow
26m

Yoga for
Zombies 15m

No Fear Yoga
38m

[New Series](#)

Root Chakra

Yoga for
Climbers
[New YT vid](#)

Sacral
Chakra

(Balancing Flow)

Solar
Plexus
Chakra

(Third Chakra Yoga
- Show Your Gold)

Heart
Chakra

(Repeat 12/3: Heart
Chakra Yoga for
Beginners)

Throat
Chakra

(Yoga for Neck and
Shoulder Relief)

Third Eye
Chakra

(Yoga
for Concentration &
Mental Focus)

Crown
Chakra

(Movement
Medicine - Calm)

Yoga for
Nurses

[New YT vid](#)

Yoga to Calm
Your Nerves
24m

Feel Good
Flow 19m

Yoga for Tired
Legs 29m

Yoga for
Loneliness
20m

7-Minute Yoga
for Stress
Relief

Meditation for
Anxiety 14m

Cozy Yoga

[New YT vid](#)

7-minute
Yoga for
Bedtime

Yoga Rinse
17m

Yoga for
Depression
15m

Confidence
Boost Yoga
29m

Yoga for
Stress Relief
37m

Self Love
Yoga 50m

December 31

Yoga for New
Beginnings

[New YT vid](#)

7-DAY CHAKRA RIDE



#fwfgdec2017

A BRAND NEW SERIES ON THE MEMBERSHIP STARTING 12/10.

(Free YouTube alternative practices are included in () for week of 12/10 for those who are not members.)