

## JULY 2018 YOGA WITH ADRIENE CALENDAR

1	Mon	Tue	Wed	Thu	Fri	Sat
Yoga for Stress Management <b>new video!</b>	Core Strength Ritual 22m	TRUE Day 22 Release 20m	Healthy Body Yoga 20m	Yoga for Connection 26m	Yoga for After a Disaster 31m	Yoga for Core (and Booty!) 28m
Yoga for Gardeners <b>new video!</b>	Yoga for Swimmers 18m	TRUE Day 23 Balance 23m	Power Yoga Break 17m	Wheelchair Yoga 11m	Stress Melt - 26 Min Yoga Break	Compassion Yoga - Core Strength Vinyasa 58m
Yoga for Insecurity <b>new video!</b>	Yoga for Golfers 20m	TRUE Day 24 Be Kind 13m	Yoga for Abdominal Wall 14m	Yoga for Self Respect 20m	Yoga for the Future 28m	Core Power Wake Up 23m
Finding Your Center <b>new video!</b>	Yoga for Scoliosis 25m	TRUE Day 25 Be Aware 24m	Yoga for Weight Loss - Hips & Core Vinyasa 12m	Yoga for Concentration & Mental Focus 26m	Yoga Rinse 17m	Shakti Power Flow 58m
Yoga for Pelvic Floor <b>new video!</b>	Yoga for Anxiety 19m <small>(extended savasana on membership)</small>	31 TRUE Day 26 Be Still 24m	<div style="border: 2px solid #4a90e2; border-radius: 15px; padding: 10px; display: inline-block;"> <p><b>Get all the details &amp; FREE playlist at</b> <a href="http://yogawithadriene.com/calendar">yogawithadriene.com/calendar</a></p> </div>		<p>Please note: Times listed are the video lengths on the membership. YouTube video times may be shorter.</p>	<p>New videos published to YouTube Sundays at 1 AM PST, Will be added to the YouTube playlist later that day.</p>