REFLECT

DECEMBER 2026

S	M	T	W	T	F	S
FREE PRACTICES ALL MONTH LONG ON THE YOGA WITH ADRIENE YOUTUBE CHANNEL! This calendar is here to support you. To remind you that your practice belongs to you, just as you are today. Each day, we will breathe, move, and return to the mat with curiosity and care.		1 YOGA FOR CONNECTION 27 min	2 TURN THE PAGE MEDITATION 16 min	3 YOGA FOR SELF RESPECT 20 min	4 CANDLE POSE 31 min	5 VIN YIN RELAX AND FLOW 30 min
6 COZY YOGA 38 min	7 YOGA FOR YOUR LUNCH BREAK 20 min	8 DEEPEN & FLOW 49 min	9 NEW 12 MINUTE MORNING MOBILITY (PART 2)	10 WIND DOWN YOGA 26 min	11 YOGA PARTY 30 min	12 YOGA FOR RENEWAL 44 min
13 30 DAYS OF YOGA - GENTLE YUMMY YOGA 19 min	14 YOGA FOR CLIMBERS 30 min	15 FLOW - INWARD 20 min	16 UP YOUR CONNECT 19 min	17 YOGA FOR VERTIGO 15 min	18 CENTER - CORAZON 24 min	19 YOGA TO FEEL YOUR BEST 23 min
20 STRESS MELT 26 min	21 TRUE - BE FREE 20 min	22 YOGA FOR FORGIVENESS 33 min	23 NEW 15 MINUTE YOGA IN BED	24 GIFT OF RELAXATION 33 min	25 DEDICATE - JOYFUL 20 min	26 YOGA STRETCH FOR RECOVERY DAYS 12 min
27 CORE + RESTORE 28 min	28 HOME - DIG 21 min	29 YOGA FOR INSECURITY 24 min	30 BREATH - CONNECT 22 min	31 BLANKET YOGA 40 min	**SEEKING A WAY TO DEEPEN YOUR PRACTICE?** Join FWFG.com for exclusive practices, community, live sessions, and more! Join us with a **Free 7 Day Trial here.**	

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THE DECEMBER YOGA CALENDAR IS AN EXERCISE IN PAUSING, OBSERVING, AND EXPANDING AWARENESS. A PERFECT TIME TO TAKE OUT YOUR JOURNAL AND PEN, SET A DATE TO CHAT WITH A LOVED ONE, OR TAKE A CONTEMPLATIVE WALK IN NATURE. THIS IS YOUR OFFICIAL INVITATION TO CELEBRATE HOW MUCH YOU HAVE GROWN, HOLD COMPASSION FOR WHERE YOU ARE NOW, AND FUEL YOUR JOURNEY WITH CARE AND INTENTION MOVING FORWARD.

THIS MONTH: REFLECT

DECEMBER IS A BEAUTIFUL TIME TO TURN INWARD. AS THE SEASONS CHANGE AND THE WORLD SHIFTS BEFORE OUR EYES, WE HAVE AN OPPORTUNITY TO RECONNECT WITH OUR YOGA PRACTICE AND, OF COURSE, OURSELVES.

THIS MONTH, WE RETURN TO THE CONCEPT OF SVADHYAYA (SELF-STUDY), A PERSONAL OBSERVANCE IN THE YOGA SUTRAS THAT INVITES US TO SEEK WISDOM FROM WITHIN, FROM THE DIVINE, AND FROM SACRED TEXTS.

THIS MONTH'S CURATION IS ABOUT WITNESSING, WITHOUT ATTACHMENT, WHO WE ARE AND WHO WE WANT TO BECOME. WE REFLECT TO DEEPEN OUR UNDERSTANDING, SO THAT WE MIGHT SEE MORE CLEARLY AND HONOR WHERE WE ARE IN THE PRESENT.

LIKE OUR ASANA PRACTICE, THIS YEAR HAS BEEN A CULMINATION OF LEARNING, TRANSFORMING, AND MOVING MINDFULLY. NOW WE ARRIVE AT THE SAVASANA PHASE, A MOMENT OF MEDITATION, REFLECTION, AND INTEGRATION.

LET'S CLOSE OUT THE YEAR TOGETHER?

LOVE,
ADRIENE

YOGA with ADRIENE

PLAYLISTS

- BOOKMARK THE PLAYLIST FOR EASY ACCESS.
  - FREE YOUTUBE PLAYLIST

HOW IT WORKS

- FOLLOW ALONG EVERY DAY OR DROP IN THROUGHOUT THE MONTH.
- INVITE SOMEONE TO JOIN YOU!
- SHARE YOUR EXPERIENCE WITH THE COMMUNITY. FOLLOW THE HASHTAG AND TAG YOUR SOCIAL POSTS WITH IT.
- CONNECT WITH @ADRIENELOUISE AND @FWFGLIFE ON INSTAGRAM.

YOGA with ADRIENE