

BALANCE

December 2021



#ywaBALANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec. 12-18 Two FWFG Series: LIGHT - 7 Day Chakra Ride and Chakra Chats (Or the YWA alternative video for those who aren't FWFG.com members.)			1 YOGA TO SHIFT PERSPECTIVE 20 min	2 YOGA FOR CONCENTRATION & MENTAL FOCUS 26 min	3 YOGA FOR VERTIGO 15 min	4 THIRD CHAKRA YOGA 39 min
5 THE GIFT OF RELAXATION 33 min	NEW YOGA VIDEO 6 BRAIN BODY BALANCE 22 min	7 YOGA FOR COURAGE 27 min	8 GENTLE RELAXING COZY FLOW 21 min	9 YOGA FOR UPPER BODY STRENGTH 13 min	10 YOGA FOR HEALTHY DIGESTION 17 min	11 YOGA FOR UNCERTAINTY 51 min
12 ROOT CHAKRA YOGA 34 min FWFG: LIGHT 1 Root 29 min + Chat 12 min	13 YOGA FOR BEGINNER'S MIND 21 min FWFG: LIGHT 2 Sacral 30 min + Chat 10 min	14 CORE POWER WAKE UP 23 min FWFG: LIGHT 3 Solar Plexus 29 min + Chat 10 min	15 HEART CHAKRA YOGA 23 min FWFG: LIGHT 4 Heart 30 min + Chat 14 min	16 THROAT CHAKRA YOGA 21 min FWFG: LIGHT 5 Throat 30 min + Chat 11 min	17 YOGA FOR TRANSITIONS 22 min FWFG: LIGHT 6 Third Eye 30 min + Chat 10 min	18 CONFIDENCE BOOST YOGA 27 min FWFG: LIGHT 7 Crown 30 min + Chat 8 min
19 YOGA PARTY 28 min	20 YOGA FOR GUT HEALTH 17 min	21 YOGA FOR SOCIAL ANXIETY 20 min	22 STRESS MELT 26 min	23 BLANKET YOGA 39 min	24 YOGA JOY 18 min	25 COZY YOGA 38 min
26 YOGA FOR DIGESTIVE FLOW 25 min	27 YOGA FOR A FRESH START 46 min	28 YOGA FOR SELF RESPECT 20 min	29 YOGA TO HEAL STRESS 20 min	30 ANCHOR IN HOPE 18 min	31 YOGA FOR NEW BEGINNINGS 18 min	January 2022 All new 30 Day Yoga Journey kicks off! Subscribe to the Yoga With Adriene YouTube channel so you don't miss anything!



FREE downloadable calendar, playlist, and MORE on yogawithadriene.com.

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Welcome to your free monthly yoga plan!

Designed for all types with the intention for everyone to join and practice together.

Individual health = Collective health

This month: BALANCE the brain and body, baby.

Your December curation of practices is a collection designed to help you feel more **balanced from the inside out**.

At the end of the year we are in process and reflection mode. This year it feels like that X 2.

These practices embrace self care, ritual, and deep diving into feeling whole through balancing of the energy centers of the body.

Learn about the chakra system, connect with the cozy side of home practice, stoke a fire in your core, and embrace healing to empower meaningful growth come 2022.

FWFG highlight! [Join for a special week starting 12/12 on the FWFG membership:](#)

Take a 7 day journey with me on FWFG with my 7 Day Chakra Ride called **LIGHT**.

Then dive deeper into understanding the chakras with our **Chakra Chats** hosted by Rey Cardenas.

The hardest part is showing up.

I look forward to practicing together.

What a year.

With Love,
Adriene

PS: Invite a friend. **Accountability is awesome!**
It's free to participate. No sign up required.

Playlists

- Bookmark the playlist for easy access.
 - [free YouTube playlist](#)
 - [FWFG playlist for members](#)
- Learn more about the FWFG videos on the calendar by visiting [FWFG.com](#).
- The new practice, Brain Body Balance, will be added to the playlists when it is released on Monday, December 6th.

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 [@adriemelouise](#) and [@fwfglife](#) on Instagram.

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YOGA with
ADRIENE