

SALUTE

SEPTEMBER
2024

S	M	T	W	T	F	S
1 NEW MORNING WAKE UP MEDITATION 9 MIN	2 YOGA FOR MANUAL LABOR 23 min HALF MOON FLOW 21 min	3 30 DAYS OF YOGA DAY 10 SUN SALUTATION 10 min	4 YOGA + PRANAYAMA FOR THE SPINE 28 min	5 HAPPY BIRTHDAY, YWA! YOGA FOR CELEBRATING 25 min	6 YOGA FOR TEXT NECK 29 min	7 YOGA KISS - TOTAL BODY FLOW 40 min
8 BEE BREATH FOR ALL AGES 11 min MEDITATION FOR RENEWAL 16 min	9 YOGA FOR THE SERVICE INDUSTRY 17 min	10 GREET THE DAY YOGA 39 min	11 DEDICATE - DAY 24 - BALANCE 20 min	12 YOGA FOR LOW BACK AND HAMSTRINGS 30 min NEW HAMMIE TIME W/ALIA 28 min	13 YOGA FOR SELF DOUBT 16 min	14 SUN SALUTATION B 09 min SUN SALUTATION A 05 min
15 UPPER BACK LOVE 23 min PILATES: BACK STRENGTH W/ LIZ 14 min	16 HEALING YOGA BREAK 17 min	17 SHORT WAKE UP FLOW 15 min	18 YOGA FOR CHEFS 18 min	19 CORE + RESTORE 27 min NEW CHARGING THE CORE W/TYLER 49 min	20 DATE NIGHT YOGA 38 min	21 MEDITATION FOR INNER PEACE 11 min
22 NEW MORNING MOBILITY YOGA 22 min	23 CHEST AND UPPER BODY OPENING FLOW 24 min	24 DEDICATE - DAY 7 - SURYA 17 min	25 FUNDAMENTALS OF EASE 35 min	26 MORNING HIP RELEASE 15 min NEW ADVANCED STANDING POSE W/REY 18 min	27 REBIRTH YOGA 24 min	28 YOGA TO FEEL YOUR BEST 22 min
29 YOGA FOR A FRESH START 46 min GRATITUDE RESCUE REMEDY 11 min	30 WAKE UP YOGA 11 min	Free practices all month long on the Yoga With Adriene YouTube Channel! Join the FWFG Family at FindWhatFeelsGood.com for Adriene's new monthly member's vlog + exclusive videos for both on and off the mat.				

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Salutations! Welcome, September. In the spirit of Surya Namaskar (sun salutation), may we greet the day as it comes, may we reflect on how we can honor prana, the life force energy that inspires, invigorates, balances and helps us heal our days.

This month: SALUTE

It starts from the moment you wake. Consider September your month to start each day instilling your intention into every breath and step. Commit to a morning ritual that feeds the soul, renews the mind, and energizes the body. Let the way you meet your morning help shape the rest of your day. Will this be harder some days than others? Absolutely. So don't worry about performing the perfect or ideal morning routine, don't expect exact repetition. Each morning will be a new experience. Simply notice your energy and the way you respond in the morning, then let the practice and relationship to your prana body develop from there.

This month's curation of practices are here to revitalize your practice and remind you to return to intention. Yoga is not just about asana, it is about embodiment. Salute the energetic component of this ancient practice. How might you integrate what you intuitively know into your movement? Notice how it can begin to change your posture. How you move matters. You matter.

Whatever arrives with the day, greet it. Honor yourself where you are. Honor others. Salute! Remember you can always start again.

Start where you are.

Here's to a beautiful month.

Love,
Adriene

PS: CELEBRATE 13 YEARS OF YOGA WITH ADRIENE WITH US THIS MONTH!

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](https://www.fwfg.com).

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.

[#ywaSALUTE](#)

