

DELIGHT

JULY
2024

S	M	T	W	T	F	S
	1 YOGA JOY 19 min	2 NEW POWER & BALANCE PRACTICE 30 min	3 MOVEMENT MEDICINE - ENERGY 17 min	4 LET IT GO FLOW 20 min	5 NEW MOON YOGA 23 min	6 FILL YOUR CUP YOGA 21 min SIMPLIFY 29 min
7 YOGA FOR FORGIVENESS 33 min	8 YOGA TO GET THE JUICES FLOWING 8 min	9 YOGA FOR BRAIN POWER 12 min	10 YOGA CAMP - DAY 16 - I ENJOY 16 min	11 MEDITATION FOR INNER PEACE 11 min NEW FOUNDATIONS OF FLYING PIGEON W/REY 33 min	12 FINDING YOUR CENTER 19 min	13 ANCHOR IN HOPE 18 min
14 NEW 15 MIN NERVOUS SYSTEM REGULATE	15 TAKE 5 YOGA BREAK YOGA FOR DESK JOBS W/TYLER 31 min	16 FUNDAMENTALS OF EASE 34 min	17 BRAIN & BODY BALANCE 23 MIN	18 AIRPORT YOGA 13 min NEW HEART OPENING SOUND BATH W/ NANI 15 min	19 JOYFUL HOME PRACTICE 32 min	20 PEACEFUL WARRIOR 28 min
21 HOW TO DO A HEADSTAND 18 min GROUND & SOOTHE TENSION RELIEF 21 min	22 YOGA FOR SURFERS 33 min	23 FLOW - DAY 16 - KINDNESS 19 min	24 YOGA FOR COMFORT & NOURISHMENT 27 min	25 DEDICATE - DAY 23 - JOYFUL 20 min	26 20 MINUTE INTERMEDIATE POWER YOGA	27 FEEL GOOD FLOW 19 min NEW BE LIKE BENJI EP 4
28 YOGA FOR UNCERTAINTY 52 min	29 YOGA FOR CALVES 23 min YOGA THERAPY: EMOTIONAL WELLBEING W/ EMILY 16 min	30 YOGA FOR MOOD SWINGS 24 min	31 YOGA FOR CREATIVITY 41 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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What is your heart's delight? What does it feel like to foster joy, cultivate ease, and find a little bit of magic in practice and beyond?

This month: D E L I G H T

The July yoga calendar was created to enrich your daily practice with a sense of playfulness and FUN!

Unearth that which brings you fulfillment in the present moment! Notice the sensations that arise when you simply just be. What new delights beckon you?

What is your flow?

Whether you are learning a new yoga pose, taking yourself on a date to the yoga mat, switching up your go-to practices, or simply finding stillness in meditation, this month's curation is here to remind you to...

Delight in your body
Delight in your breath
Delight in the here & now

The process is the candy. Let joy be your motivation! Let love spill over the mat and onto everything you do. Refresh your practice, transform your perspective, find what feels good.

The July calendar is here to support your journey, no matter which path you choose.

xoxo
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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.

[#ywaDELIGHT](#)