



BREATH

A 30 DAY YOGA JOURNEY

#ywaBREATH
yogawithadriene.com

Day 1 INVITE 48 min	Day 2 ARRIVE 37 min	Day 3 ANCHOR 34 min	Day 4 LISTEN 27 min	Day 5 REPLENISH 23 min	Day 6 BURN 28 min
Day 7 SYNCHRONIZE 27 min	Day 8 SNUGGLE 33 min	Day 9 BALANCE 26 min	Day 10 CONNECT 21 min	Day 11 FLOW 22 min	Day 12 DROP 18 min
Day 13 FEEL 26 min	Day 14 SPACE 36 min	Day 15 ENTER 23 min	Day 16 DISCIPLINE 27 min	Day 17 EXPLORE 34 min	Day 18 CENTER 39 min
Day 19 STRENGTH 25 min	Day 20 PAUSE 16 min	Day 21 CONTROL 21 min	Day 22 RENEW 23 min	Day 23 DEDICATE 30 min	Day 24 REJUVENATE 25 min
Day 25 LOVE 23 min	Day 26 EXPAND 17 min	Day 27 HEAL 20 min	Day 28 TRUST 37 min	Day 29 BELIEVE 28 min	Day 30 BEGIN