

# TRUE

## 30 DAY YOGA JOURNEY

SIGN UP FOR DAILY  
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YOGA WITH ADRIENE  
YOUTUBE CHANNEL

**ORIENTATION  
DAY**

**DAY 1  
MOTIVE**

**DAY 2  
TRUST**

**DAY 3  
STRETCH**

**DAY 4  
FLOOR**

**DAY 5  
HIGH**

**DAY 6  
KINDLE**

**DAY 7  
SALUD**

**DAY 8  
SALVE**

**DAY 9  
OPEN**

**DAY 10  
DETOX**

**DAY 11  
SOFTEN**

**DAY 12  
CENTER**

**DAY 13  
STRENGTH &  
HARMONY**

**DAY 14  
LISTEN**

**DAY 15  
BELIEVE**

**DAY 16  
SELF LOVE**

**DAY 17  
CHARISMA**

**DAY 18  
SURRENDER**

**DAY 19  
THOUGHT**

**DAY 20  
AWAKEN**

**DAY 21  
FINESSE**

**DAY 22  
RELEASE**

**DAY 23  
BALANCE**

**DAY 24  
BE KIND**

**DAY 25  
BE AWARE**

**DAY 26  
BE STILL**

**DAY 27  
BE FREE**

**DAY 28  
BE FEARLESS**

**DAY 29  
BE BRAVE**

**DAY 30  
BE YOU**

#YWATRUE  
YOGAWITHADRIENE.COM

