SURRENDER

NOVEMBER
2026

S	M	T	W	T	F	S
1 TRUST THE PROCESS 22 min	2 YOGA FOR NEW BEGINNINGS 19 min	3 FULL BODY FLEXIBILITY 25 min	4 30 DAYS OF YOGA: SWEET SURRENDER 18 min	5 YOGA FOR CHANGE AND DRAIN 23 min	6 ROOT TO RISE YOGA 33 min	7 CENTER - TRUST 21 min
8 GROUNDING BODY SCAN MEDITATION 14 min	9 YOGA RELEASE 26 min	10 YOGA FOR FLEXIBILITY 16 min	11 NEW 7 MINUTE MORNING STILLNESS	12 BEDTIME YOGA 19 min	13 LET IT GO FLOW 23 min	14 TRUE - TRUST 36 min
15 MEDITATION FOR LEARNING 13 min	16 7 MINUTE MEDITATION TO START YOUR DAY	17 HEALING YOGA BREAK 17 min	18 MOON PRACTICE 15 min	19 YOGA WASH DETOX FLOW 24 min	20 YOGA FOR SUFFERING 20 min	21 MOVE - TRUST 26 min
22 RESTORATIVE YOGA - GRATITUDE 33 min	23 YOGA CAMP - I AM GRATEFUL 38 min	24 GROUNDING INTO GRATITUDE 34 min	25 NEW STANDING STRETCH ROUTINE 10 min	26 YOGA FOR GRATITUDE 25 min	27 HOLIDAY MEAL DIGESTION 17 min	28 BREATH - TRUST 37 min
29 YOGA FOR GUT HEALTH 18 min	30 INTRO TO YIN 26 min	**FREE PRACTICES ALL MONTH LONG ON THE YOGA WITH ADRIENE YOUTUBE CHANNEL!** This calendar is here to support you. To remind you that your practice belongs to you, just as you are today. Each day, we will breathe, move, and return to the mat with curiosity and care. SEEKING A WAY TO DEEPEN YOUR PRACTICE? Join FWFG.com for exclusive practices, community, live sessions, and more! Join us with a **Free 7 Day Trial here.**				

YOGAWITHADRIENE.COM

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SHOW YOURSELF A LITTLE GRACE THIS NOVEMBER. TURN STRIVING, YEARNING, AND FORCING INTO EFFORTLESSNESS AND EASE. LET YOURSELF SLOW DOWN A MOMENT OR TWO, LET GO OF THE EXTRA WEIGHT ON YOUR SHOULDERS. LET OUT A LONG, FELT, RELIEVING SIGH.

THIS MONTH: SURRENDER

NOVEMBER'S PRACTICES ARE ABOUT BEING OVER DOING, ALLOWING OVER CONTROLLING, LETTING GO INSTEAD OF GRIPPING. ISHVARA PRANIDHANA IS SANSKRIT FOR SURRENDERING TO HIGHER POWER, HIGHER PURPOSE, HIGHER CONSCIOUSNESS. THROUGH SURRENDERING, WE SHED OUR EGO AND FIND A DEEPER CONNECTION TO THE DIVINE. THIS DOESN'T MEAN WE DON'T FACE HARDSHIP, SUFFERING, OR CHALLENGE... WE JUST NO LONGER RELY ON OUR OWN PERSPECTIVE, BUT THE BIGGER VISION, SAMADHI- DIVINE UNIFICATION, YOGA.

THIS MONTH, WE LEARN OF OUR OWN DIVINE NATURE, WE LEARN TO TRUST. LET THIS DAILY PRACTICE BE A STEADY REMINDER TO RELEASE CONTROL AND HAVE FAITH IN THE PROCESS.

PLAYLISTS

- BOOKMARK THE PLAYLIST FOR EASY ACCESS.
  - FREE YOUTUBE PLAYLIST

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.

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