

### **Ig captions: (4.0)**

Do you feel great after yoga but struggle to show up?

I'll help you to ensure that you:

- Receive tailored guidance so you stay consistent
- Practice some calming poses that will make you come back to them over and over again
- Get access to your untapped contortionist skills to make any pose easy to do

Go to the link in bio and never miss a day again

### **Ig captions: (3.0)**

You don't have to stumble over and over again anymore.

With the help of Adriene you will stay consistent to ensure that you:

- Receive simple guidance to make your body strong
- Get access to your untapped contortionist skills to become incredibly flexible
- Practice some calming poses to ease the raging storm inside your head

Find out how you can get your life straight in 30 days

Link in bio

**ig captions: (2.0)**

Stop letting yourself stumble over and over again so you can finally feel changed

Adriene will help you stay consistent to ensure you:

- Get very simple guidance to make you strong
- Quickly tap into your hidden contortionist skills you already have to become incredibly flexible
- Practice some little-known yoga poses that instantly improve your state of mind

Find out how you can change your life in as little as 30 days

**Ig captions: (1.0)**

Staying consistent is essential to feel changed.

Get started today with us at YogaWithAdriene where you will get all the guidance you need to:

- Become stronger than you could ever imagine
- Improve your flexibility
- Feel proud of yourself for all the progress you'll make

Click the link below to learn more about our classes





Ignore these (just tryna get the creative juices flowing) :

**Stop stumbling over and over again so that you can feel the change**

**Feel the change of not stumbling over and over again anymore**

**Feel the change after you stop stumbling over and over again**

**No more stumbling on your part**

**Practice peaceful yoga poses that will calm the storm inside your head**

**Practice some watery poses that will cool down the fire inside your head**

**Practice some storm calming poses that will chill the thoughts inside your head**

**Practice some watery poses**

**Practice some extinguishing poses to put out the fire inside your head**

**Practice some to put out that inside your head**

**Are you trying to get more done?**

**Do you want to get more done?**

**Are you feeling guilty for not doing your daily yoga practice?**

**Would you like to get more done?**

**Are you feeling like shit more not doing your daily practice?**

**Do you want to actually get something done (just like your yoga practice)?**

**Would you like to get more done?**

**Do you want to get your yoga practice done everyday?**

**Would you feel disappointed in you don't get your daily practice done?**

**Do you want to get better?**

**Do you want to get your practice done every day?**

**Are you willing to do what it takes to feel disappointed?**

**Do you feel disappointed**

**Do you wish you'd get better?**

**Would you like to get more done**

**Are you willing to do what it takes?**

**Would you like to get more done?**

**Do you struggle to show up every day?**

**Do you want to get more done?**

**Do you feel great after yoga but struggle to show up?**

**Are you a piece of shit?**

**Are you a lazy fucking moron?**