

WellBeing Yogga

8

SEQUENCES
INSIDE



MOVE

Boost energy and open
Chest, chest & shoulders
Free you + breath

LIE IN

Heavenly bliss + 30 minutes
The art of peace
Sweet Serenity

WIND UP

Philosophy of enlightenment
Awaken your highest self
Meditation + pranayama

CHILL OUT

Embrace imperfection
The gift of self-compassion on
Hologram yoga

2025 Edition Yoga Practice

IM Harris



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