

WellBeing Yogga

8

SEQUENCES
INSIDE

MOVE

Boost energy and open
Open chest & shoulders
Free you + breath

LIE IN

Heal + stretch + soothe
The art of peace
Sweet dreaming

WIND UP

Philosophy of non-attachment
Awaken your highest self
M + do + do + do + do + do

CHALLENGE

Embrace imperfection
The gift of self-compassion on
Holding steady + let

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