

WellBeing Yogga

8

SEQUENCES
INSIDE



MOVE

Boost energy and open
Chest, shoulders
Free your breath

LIE IN

Heavenly bliss
The art of peace
Sweet dreams

WIND UP

Philosophy of non-attachment
Awaken your highest self
Meditation technique

CHALLENGE

Embrace imperfection
The gift of self-compassion on
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2025 Edition Yoga Practice

**Stella Bagwell, Allison Leigh, Teri
Wilson, Sera Taíno**



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