

# WellBeing Yogga

8

SEQUENCES  
INSIDE



## MOVE

Boost energy and open  
Chest, shoulders  
Free your breath

## LIE IN

Heavenly bliss  
The art of peace  
Sweet surrender

## WIND UP

Philosophy of non-attachment  
Awaken your highest self  
Meditation & pranayama

## CHILL OUT

Embrace imperfection  
The gift of self-compassion on  
Holographic yoga

# 2025 Edition Yoga Practice

**Léo Pomar**



**2025 Edition Yoga Practice:**

Eventually, you will completely discover a additional experience and triumph by spending more cash. yet when? accomplish you take on that you require to get those all needs following having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to comprehend even more nearly the globe, experience, some places, like history, amusement, and a lot more?

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