

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 & mantra

CHILL OUT

Embrace imperfection
The gift of self-compassion on
Hologram yoga!

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Shashi bala 4. Dr BS Dabral**

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