

WellBeing Yogga

8

SEQUENCES
INSIDE

MOVE

Boost energy and open
Chest and shoulders
Free your breath

LIE IN

Heal & relax in 30 minutes
The art of peace
Sweet dreams

WIND UP

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

CHALLENGE

Embrace imperfection
The gift of self-compassion on
Holding your pose

Yoga Guide 2025 Edition

Albert A Gayle



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