

WellBeing Yogga

8

SEQUENCES
INSIDE



MOVE

Boost energy and open
Chest, shoulders
Free you + breath

LIE IN

Heal + stretch + soothe
The art of peace
Sweet dreams

WIND UP

Philosophy of non-attachment
Awaken your highest self
+ add to your repertoire

CHALLENGE

Embrace imperfection
The gift of self-compassion on
Honesty + self

Yoga Guide 2025 Edition

Erin Byron



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