

WellBeing Yogga

8

SEQUENCES
INSIDE



MOVE

Boost energy and open
Chest, chest & shoulders
Free you + breath

LIE IN

Heavenly bliss + 30 minutes
The art of peace
Sweet dreams

WIND UP

Philosophy of non-attachment
Awaken your highest self
Meditation + breathwork

CHALLENGE

Embrace imperfection
The gift of self-compassion on
Hologram yoga

Yoga Guide 2025 Edition

Sophia J Maxwell



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