

WellBeing Yogga

8

SEQUENCES
INSIDE



MOVE

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

LIE IN

Heal + stretch + 30 minutes
The art of peace
Great for you

WIND UP

Philosophy of commitment
Awaken your highest self
Meditation + breathwork

CHALLENGE

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

Yoga Guide 2025 Edition

D Keegan



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