

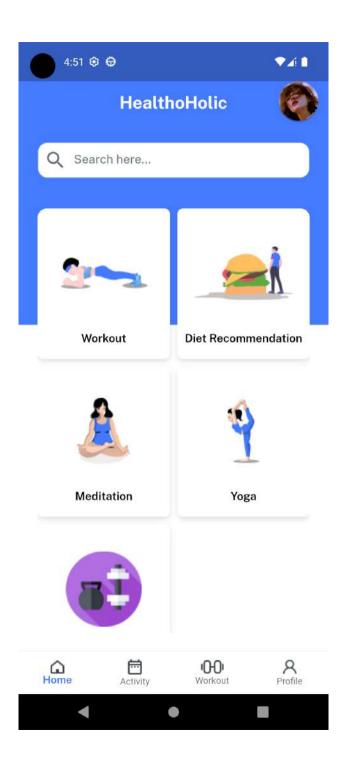


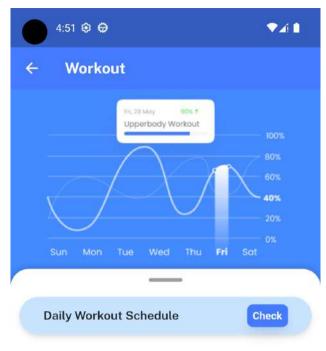
Join the HealthoHolic

Name	
Jay Shapariya	
Email	
admin@admin.com	
Password	
水水水水水水水	
Re-type password	

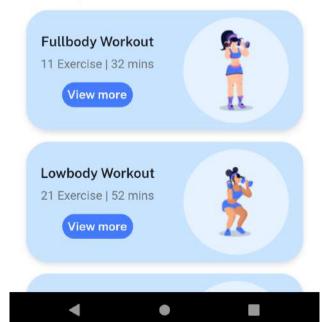
☐ I agree to the Terms and Condition & Privarcy Policy	
Already have an account? Log in	
Log in	

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What do you want to train

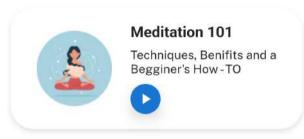


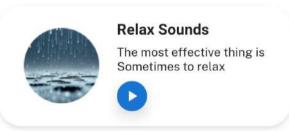


Welcome back, Sarah!

How are you feeling today?











Meditation 101

Techniques, Benifits and a Begginer's How-TO

One: Cobra 15 min

Two: Facing dog 25 min

Three: Warrior I 35 min

Four: Warrior II 22 min

Five: Easy pose 47 min



Meditation

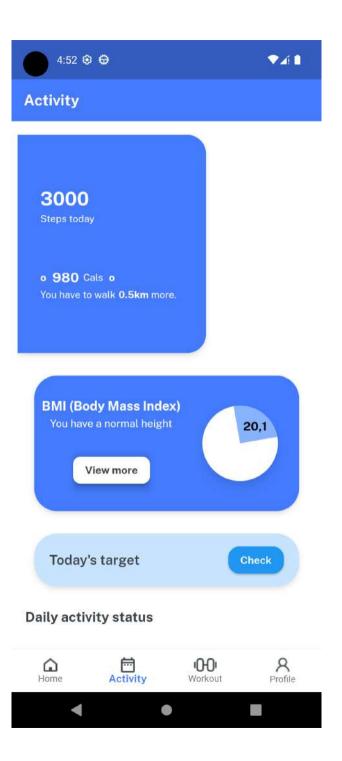
Start trying meditation



1:45:0

Start Now

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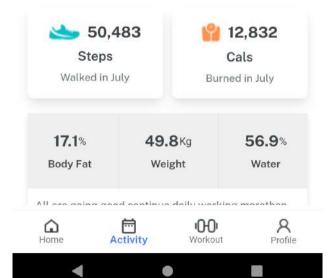


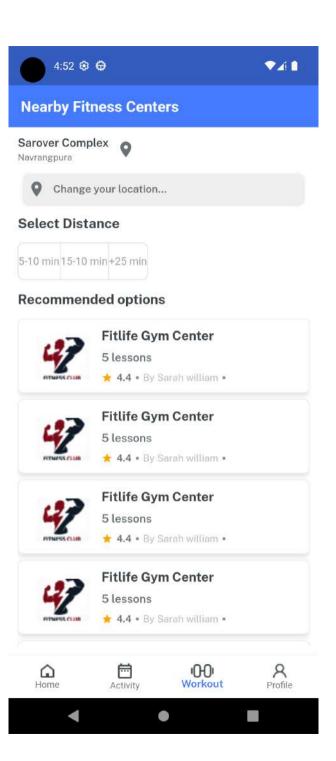


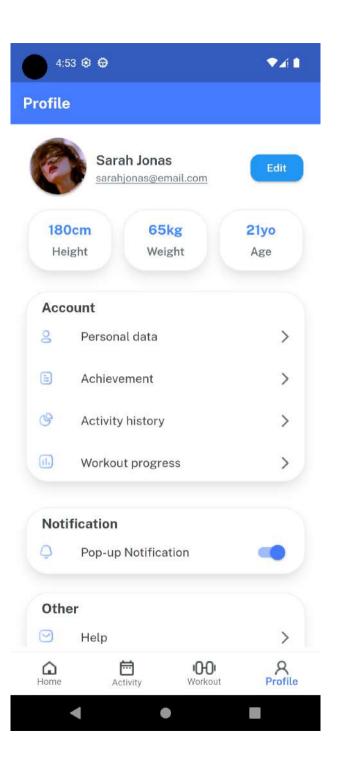
Daily activity status

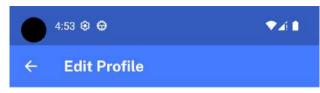


Monthly activity status











Username

sarah

Email

sarah@email.com

Phone no

9083823732

Password

Height

180cn

Weight

65kg

Age

21

Update

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