





22:00



YOGA



CALM



Try to have a new life style

Get started

22:00



# YOUR YOGA

Set your intention

CREATE ACCOUNT

22:00



# Healthy Diet

Healthy weight, gain meal plan

CREATE ACCOUNT

22:00



# The power of habits

Good habits improve  
your health

CREATE ACCOUNT

# Create Account

Sign up

Already have an account? [Log in](#)



# Welcome Back

Log in

[Forgot Password?](#)

Dont have an account? [Sign up](#)



# Exercises



## Yoga For Complete Beginners



A complete guide to get started



step one:  
10 easy yoga poses for beginners to build strength, flexibility, and mental clarity.

## A weekly challenge for Beginners



BEGINNER

MIDDLE

SKILLED

A simple routine to maintain your body’s natural mobility and range of motion. Quick, convenient, and effective. Do it anytime, anywhere, everyday.

Most popular videos



More like this



BEGINNER

MIDDLE

SKILLED

# YOGA

helps mind and body

## progress with Sophie



## Get to know more intermediate yoga coaches

Work out with Sarah



Work out with Monika



BEGINNER

MIDDLE

SKILLED

Choose your advanced YOGA coach  
Based on scores

Sara Jonson

Advanced instructor

[Know more about Sarah](#)



Veronica Hilbert

Advanced instructor

[Know more about Veronica](#)



Paola Lopez

Advanced instructor

[Know more about Paola](#)







