



22:00



YOGA



CALM



Try to have a new life style

Get started

22:00



YOUR YOGA

Set your intention

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22:00



Healthy Diet

Healthy weight, gain meal plan

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22:00



The power of habits

Good habits improve
your health

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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

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

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Advanced YOGA









