

Try to have a new life style

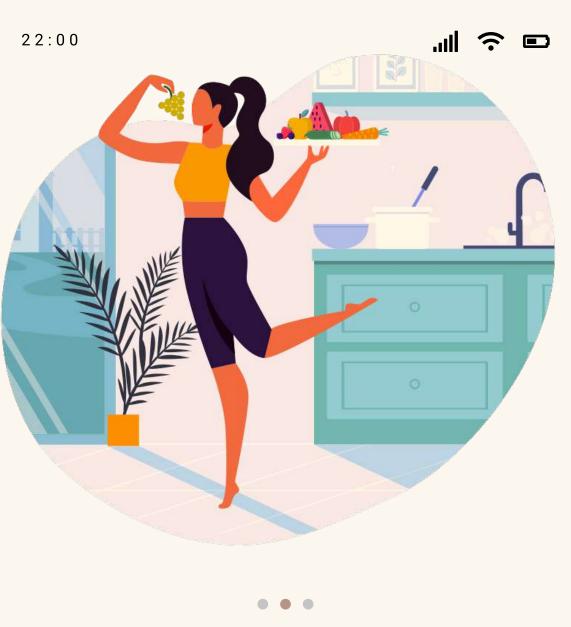
Get started



# YOUR YOGA

Set your intention

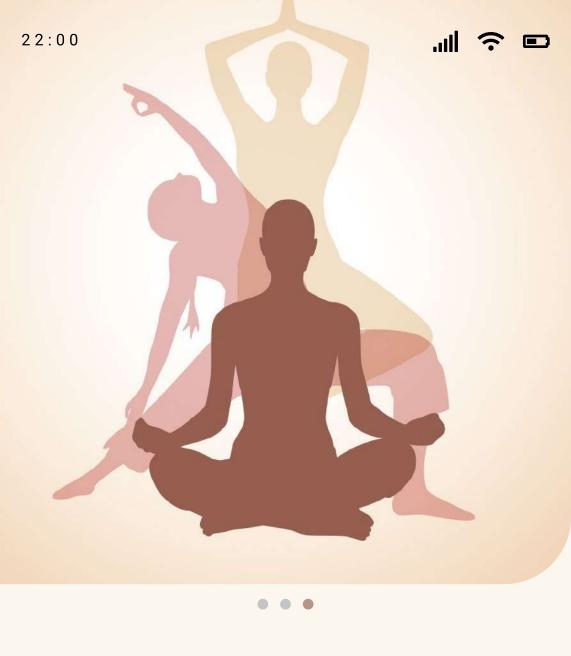
CREATE ACCOUNT



# Healthy Diet

Healhy weight, gain meal plan

CREATE ACCOUNT



# The power of habits

Good habits improve your health

CREATE ACCOUNT

# Create Account

Full name

Email

Password

Sign up

Already have an account? Log in



Email

Password

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 beginne to build strength, flexibility, and mental clarity.

# A weekly challenge for Beginners





















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





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## YOGA

helps mind and body

### progress with Sophie





# Get to khnow more intermediate yoga coaches

Work out with Sarah



Work out with Monika

























## 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























































