

22:00



YOGA



CALM



Try to have a new life style

Get started

22:00

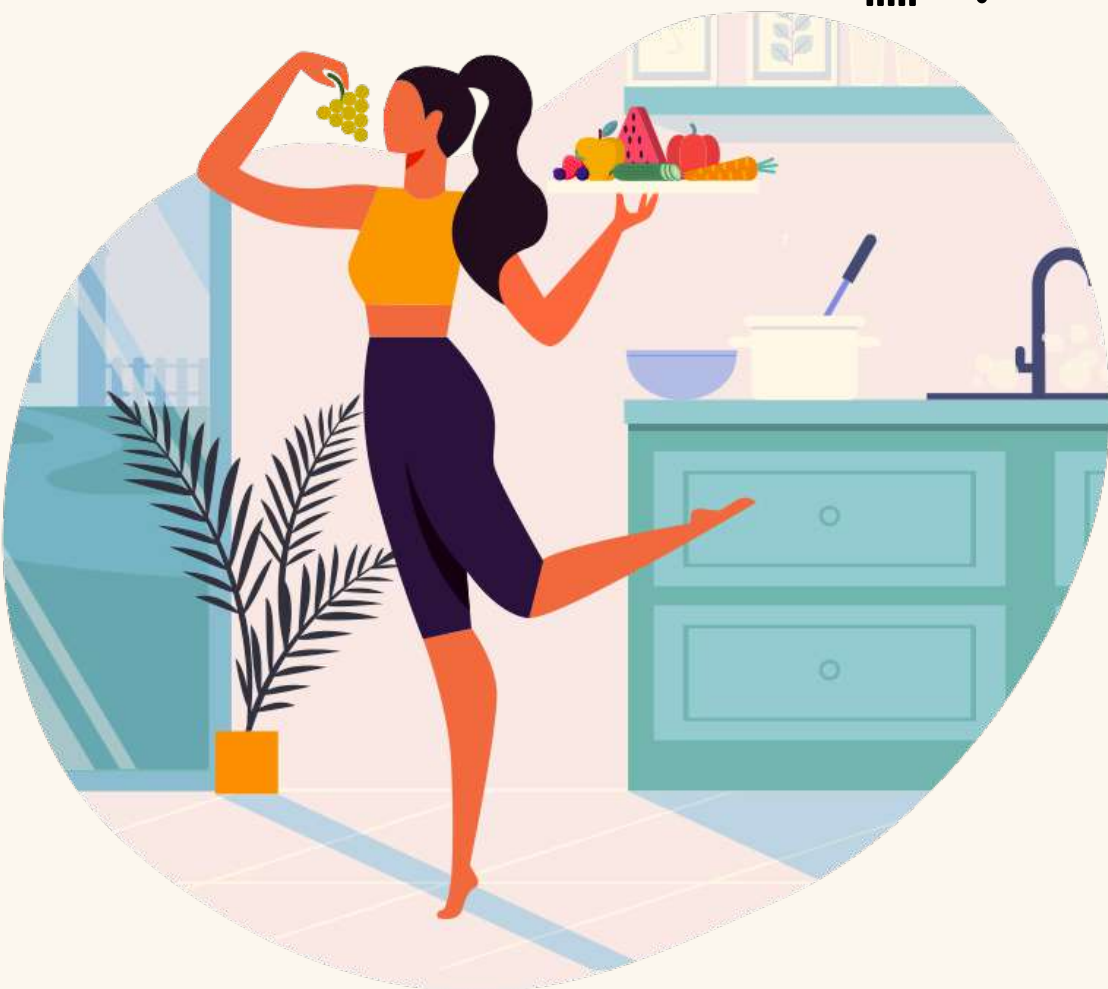


YOUR YOGA

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](#)

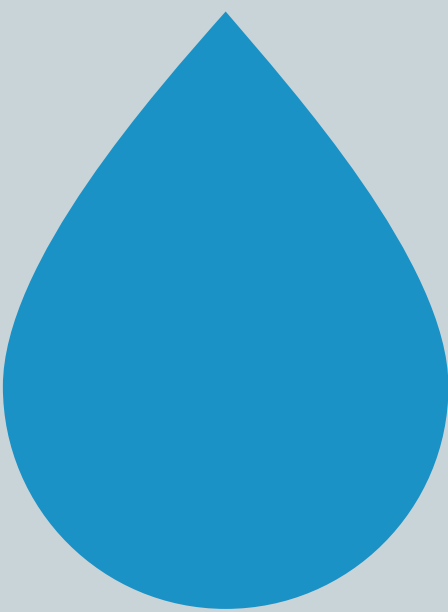


Sophie Stephen



Weekly challenges

Drink enough water

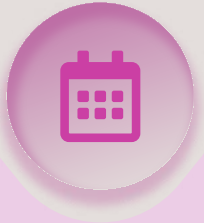
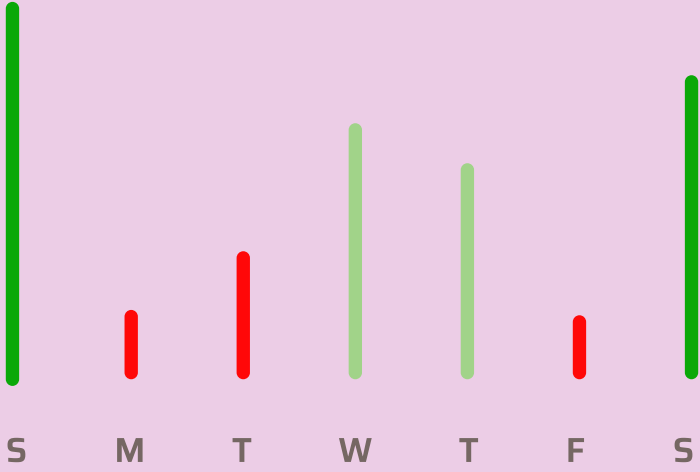


Excercise in a row



Your statistics in this week

- High
- Middle
- Low



Sophie Stephen



Exercise at least 15 minutes
per a day

<

MARCH 2022

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S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

You have two days of distraction
until today dear Sophie



