

"Support the type of thinking that leads you to feeling good, peaceful and happy."-Allan Lokos

Today's Video



Centered & Strong | A Flow for Flexibility & Balance

Daily Inspiration



Embracing Your Power

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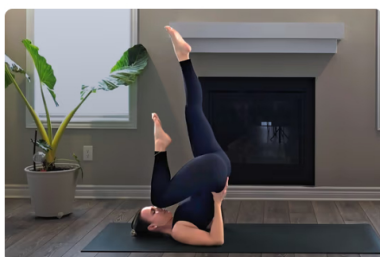
Twists, Detox and Core Activation



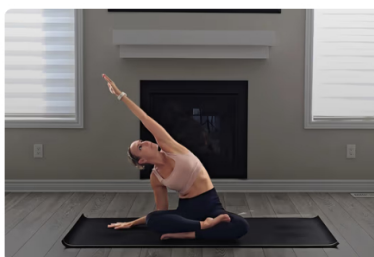
Unwind & Restore



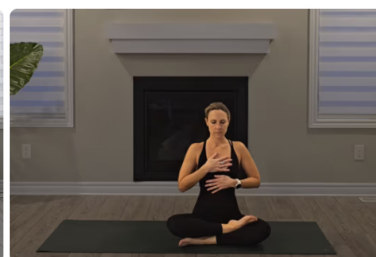
Balance & Flexibility



Strength & Endurance



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