



Sohum Yog

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Namaste, Kate



Day 5

Essentials • Level 1



Calories Statistics

22, 634.45 cal

Daily

Weekly

Monthly



Mon

Tue

Wed

Thu

Fri

Sat

Sun

Latest Practices



Mind

Let's train it



Body

Refrain stress



Focus

Focus on work



Body Exercises

Form placeholder



Browser Category

5-10 min

15-20 min

+ 25 min

Recommended Courses



Yoga Pilates

5 lessons

4.5 • By Sarah William • All Level



Full Body Stretch

5 lessons

4.5 • By Sarah William • All Level



Gentle Flow

5 lessons

4.5 • By Sarah William • All Level





00:15



Yoga Pilates

15 min

Yoga Pilates, on the other hand, was developed in the early 20th century by Joseph Pilates as a system of exercises to improve physical strength, flexibility, and posture. Pilates focuses on the core muscles, and exercises are typically performed on a mat or with specialised equipment.

Start



00:15



Full Body Stretch

15 min

Do you love yoga, but you're not in the mood to break a sweat every time you sit at the mat? Maybe you just want to meditate and stretch, to contemplate your day and wish your cares away for a moment. This school focuses on delivering high-quality and free yoga videos to people around the globe.

Start

9:41



00:15



Gentle Flow

15 min

Gentle Flow is a type of yoga that is designed to be accessible to all levels of fitness and experience. It typically involves slow, flowing movements and gentle stretching, with an emphasis on relaxation and breath awareness. Gentle Flow is a good option for those who want a more relaxing and meditative yoga practice.

Start

Mind Exercises

Form placeholder



Browser Category

5-10 min

15-20 min

+ 25 min

Recommended Courses



Meditation

5 lessons

4.5 • By Sarah William • All Level





00:15



Meditation

15 min

Meditation typically involves finding a comfortable seated or lying position, closing the eyes, and focusing on the breath or a specific object or mantra. The goal is to become more aware of one's thoughts and emotions, observe them without judgment, and ultimately find a sense of inner peace and clarity.

Start

Focus Exercises

Form placeholder



Browser Category

5-10 min

15-20 min

+ 25 min

Recommended Courses



Pranayama

5 lessons

4.5 • By Sarah William • All Level



9:41



00:15



Pranayama

15 min

Pranayama is a practice in yoga that focuses on breath control and regulation. It is an integral part of traditional yoga and involves various breathing techniques that help harmonize the body and mind.

Start