

Sohum Yog





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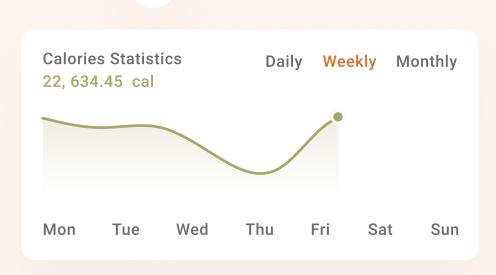


Namaste, Kate



Day 5

Essentials • Level 1



Latest Practices









Focus

Focus on work











Your Practice

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



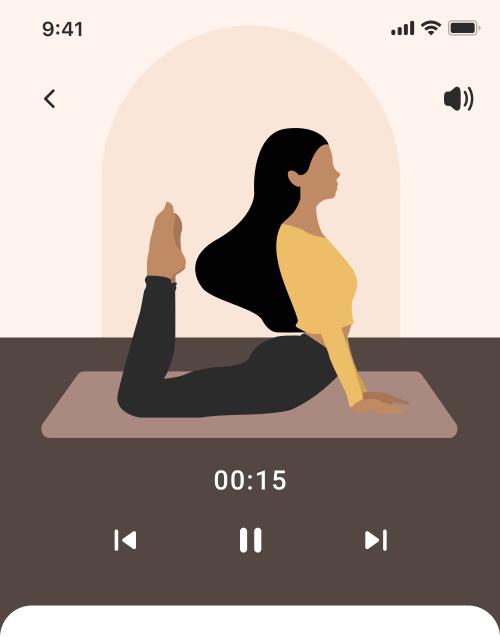
🗙 4.5 • By Sarah William • All Level











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.