



Sohum Yog

9:41



Login

Email Address

Password

[Forgot Password ?](#)

Login

[Don't have an account?](#)



Sign up

Full Name

Email Address

Password

Confirm Password

Sign up

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



Your Practice


Form placeholder

Q

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

9:41



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