



Yog.ai



Your Yoga

Does Hydroderm Work

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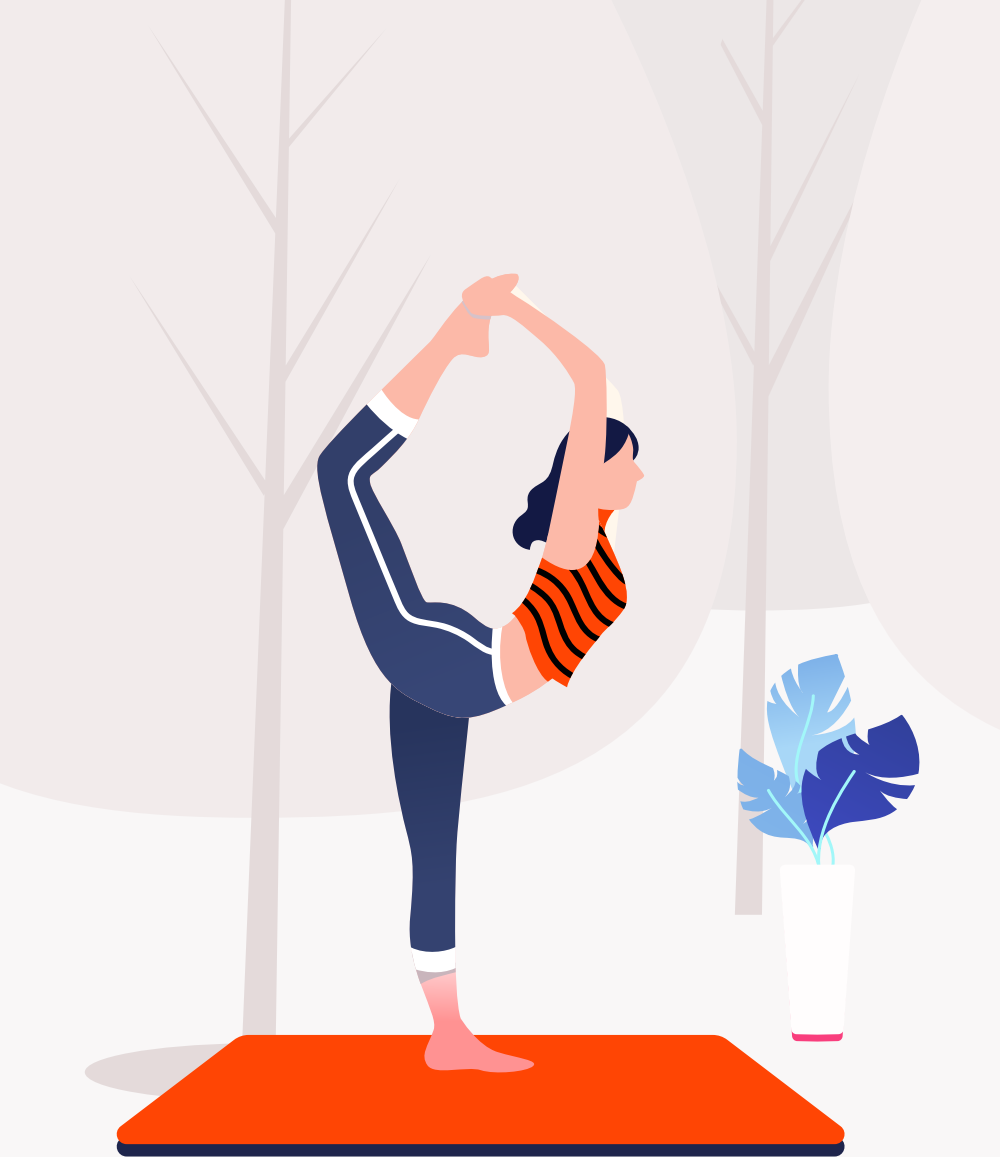
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Your Healthy

Recommended You To Use After Before
Breast Enhancement
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Learning to Relax

The Health Benefits Of Sunglasses

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Top picks for you

1 WEEK



7 Day Core Strength Building

Level 2

2 WEEKS



Strength

Level 1



Did you know?

Lorem ipsum dolor sit amet, consetetur
sadipscing elitr, sed diam nonumy eirmod
tempor invidunt ut.

In a hurry>? 15 minute breathers



Item Title

5 mins - Easy



Item Title

5 mins - Easy



Learn



Practice



Parvatasana

From sitting cross-legged on the floor in Sukhasana.



Level
1



Weeks
1



Mins
20



Cal
200

Warm up



Raised Arms Pose

8 mins



Prayer Pose

8 mins



Core Workout



Mountain Pose

8 mins



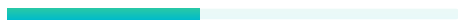
Parvatasana

8 mins



Padmasana

8 mins



START

9:41



Week 1

AT HOME WORKOUT



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FULL BODY

 13 min




LEGS & GLUTES

 13 min



CARDIO

 13 min



UPPER BODY & ABS

 13 min



FULL BODY





Raised Arms Pose
8 mins





Congrats!
You earned!



Tree pose badge



Quick learner!

Still Looking for more?



Item Title

5 mins - Easy



Item Title

5 mins - Easy