

# YOGAVE

get ready to change your life

Logo comes little bit bigger

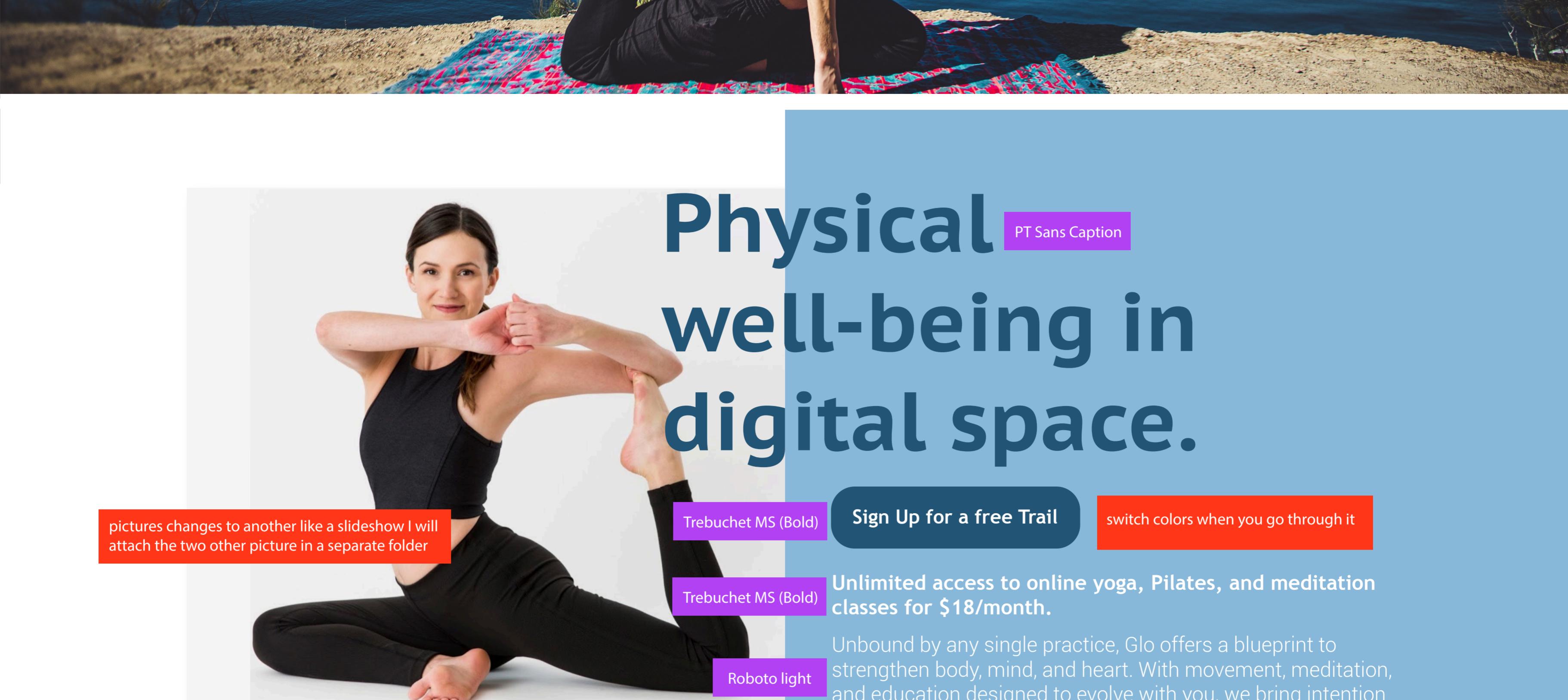
RSN Camelia

Trebuchet MS (Bold)

Go Within

Go Within

(Go Within) switch colors when you go through it



## Physical well-being in digital space.

pictures changes to another like a slideshow I will attach the two other picture in a separate folder

Trebuchet MS (Bold)

Sign Up for a free Trail

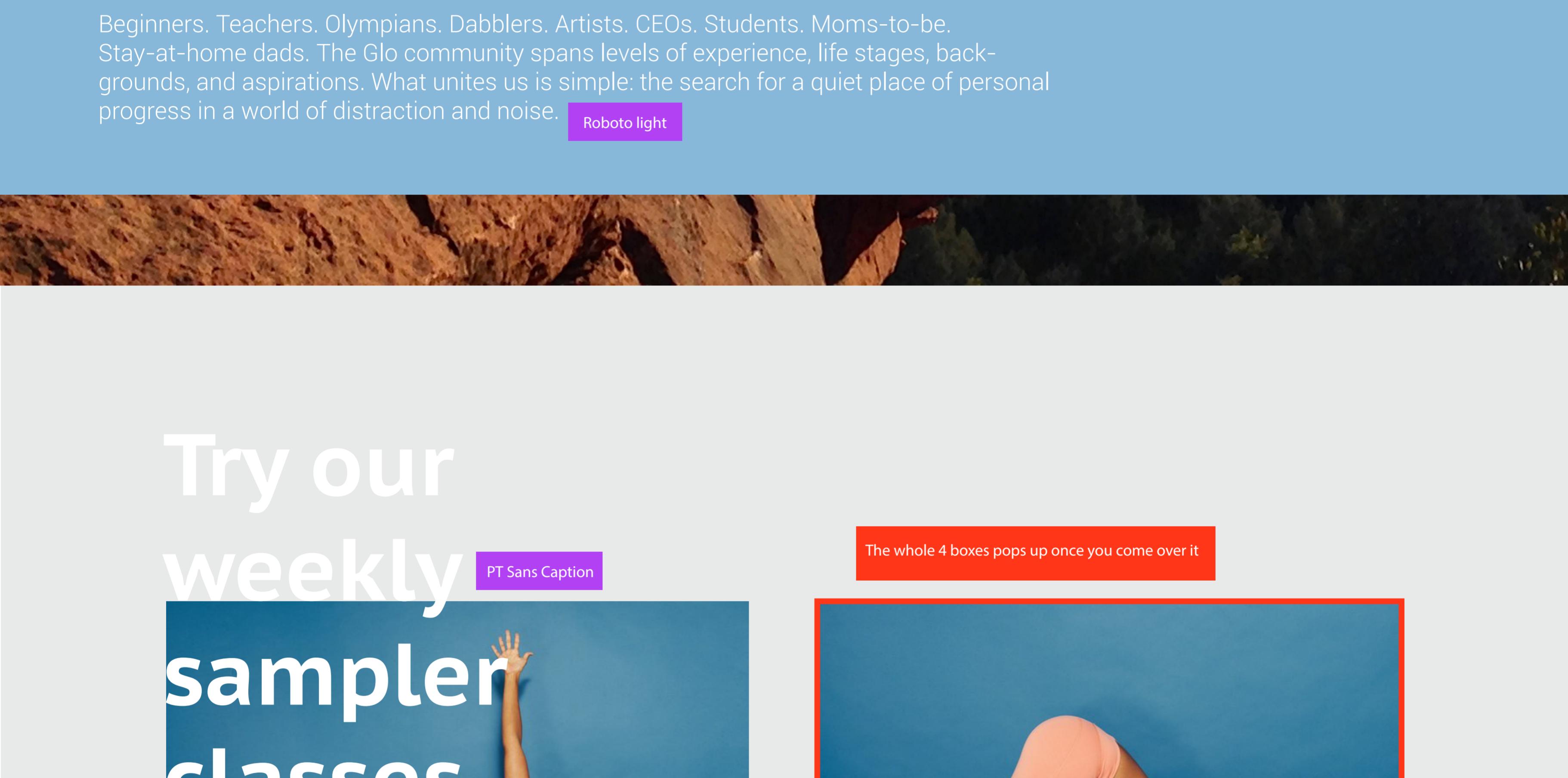
switch colors when you go through it

Trebuchet MS (Bold)

Roboto light

Unlimited access to online yoga, Pilates, and meditation classes for \$18/month.

Unbound by any single practice, Glo offers a blueprint to strengthen body, mind, and heart. With movement, meditation, and education designed to evolve with you, we bring intention and action to all aspects of life.



## Designed for human connection.

Beginners. Teachers. Olympians. Dabblers. Artists. CEOs. Students. Moms-to-be. Stay-at-home dads. The Glo community spans levels of experience, life stages, backgrounds, and aspirations. What unites us is simple: the search for a quiet place of personal progress in a world of distraction and noise.

Roboto light

### Try our weekly sampler classes

PT Sans Caption

FIRE HIIT

PT Sans Caption

Roboto light

Experience our new high-tempo format that blends intense anaerobic exercise with recovery periods.

[details](#) Trebuchet MS (Bold)

The whole 4 boxes pops up once you come over it

Surrender YIN

PT Sans Caption

Experience long connective tissue stretches and meditative breathing for greater breathing and self-acceptance.

[details](#)

switch colors when you go through it

Flow VINYASA

PT Sans Caption

Try our new guided practice where your teacher provides more deliberate cues throughout class.

[details](#)

Be MEDITATION

PT Sans Caption

Try our new guided practice where your teacher provides more deliberate cues throughout class.

[details](#)

## Own your practice.

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Move. Breathe. Nourish. Rest. Repeat. Whether we have five minutes between meetings or 90 minutes on a lazy Sunday, Glo's ever-expanding library of content reflects our ever-changing needs.