

ZenFlow



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Personalize Yoga Plan

Duration: 45–60 minutes

Frequency: 4–6 times a week

Focus: Strength, flexibility, mindfulness

1. Warm-Up (5–10 minutes)

Neck Rolls – 10 seconds each side

Shoulder Rolls – 10 reps forward & backward

2. Strength & Flexibility (20–30 minutes)

Repeat the sequence 2–3 times

Sun Salutation (Surya Namaskar) – 5 rounds

Warrior I (Virabhadrasana I) – 30 seconds per side

Warrior II (Virabhadrasana II) – 30 seconds per side

OK



DIFFERENT PLANS OF OUR APP

PLAN 1 -Free use for only 10 Days

PLAN 2 -\$10 per month

PLAN 3 -\$60 for 7 months

PLAN 4 -\$120 for 15 months

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