# ZenFlow



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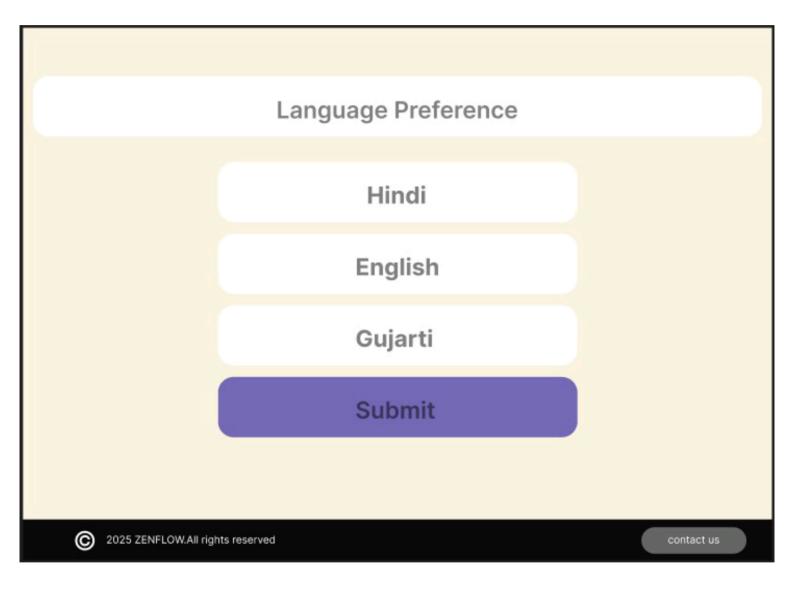
## Select your Gender





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# Please enter your goal Type Here.... Submit © 2025 ZENFLOWAll rights reserved contact us



### 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 perside

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## 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

**Pay Now** 

