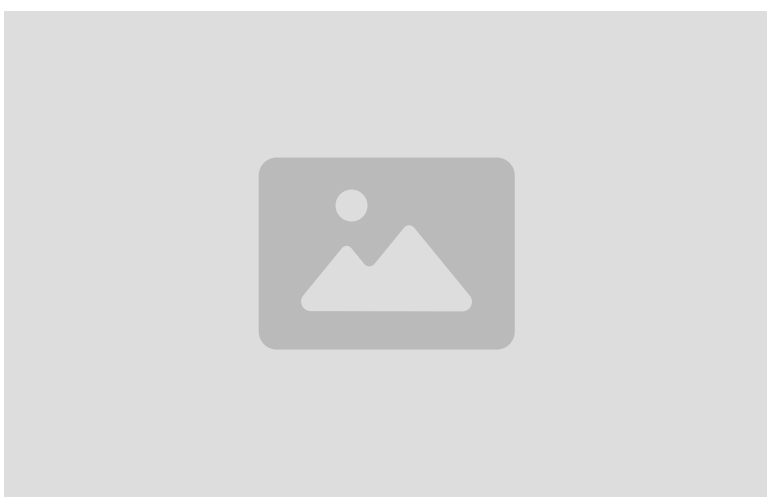


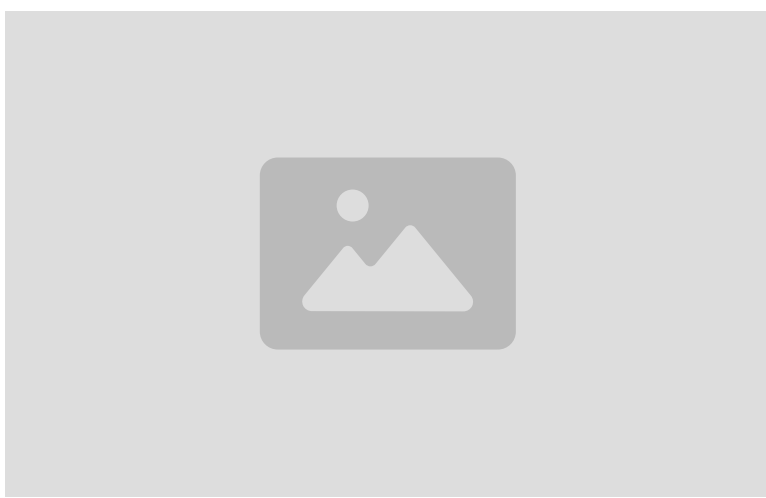
Practice yoga at home

SHORT INTRODUCTION + safety guidelines: Lorem ipsum dolor sit amet et delectus accommodare his consul copiosae legendos at vix ad putent delectus delicata usu. Vidit dissentiet eos cu eum an brute copiosae hendrerit. Eos erant dolorum an. Per facer affert ut.



First pose

- instructions



second pose

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thirs pose

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What about a yoga routine

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1 - first habit (15 min)

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second habit (30 min)

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third habit (45 min)

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fourth habit (60 min)

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Want more? Start now

Description of the first course and benefit to be a student in the center: Lorem ipsum dolor sit amet et delectus accommodare his consul copiosae legendos at vix ad putent delectus delicata usu. Vidit dissentiet eos cu eum an brute copiosae hendrerit.

Start yoga now