

START PRACTICING

YOGA



TAG @YOGA.ROOM AND #YOGAROOM
TO SHARE YOUR PRACTICE WITH THE
YOGA ROOM COMMUNITY!

WEEK 1

BEGINNERS
with **JULIA**

BEGINNERS
with **SIMONE**

GENTLE FLOW
with **JULIA**

WEEK 2

RESTORATIVE
with **JULIA**

ALIGNMENT
with **LARS**

GENTLE FLOW
with **ADAM**

WEEK 3

ALIGNMENT
with **LARS**

GENTLE FLOW
with **BRUCE**

ALIGNMENT
with **LARS**

WEEK 4

GENTLE FLOW
with **SARA Z.**

ALIGNMENT
with **LARS**

HATHA
with **SARA Z.**

YOU DO NOT YET HAVE YOUR LIVE + UNLIMITED VIDEO ON DEMAND ACCESS?

[CLICK HERE TO GET IT NOW!](#)

WWW.YOGA-ROOM.BE

