HOME YOGA RETREAT

26 – 28 FEBRUARY 2021

DAY 1

WELCOME
VIDEO

ESSENTIALS
PDF

AWAKE I
VIDEO

CHAKRA
PDF

DAY 2

LIVE YOGA SESSION
VIA ZOOM

CHAKRA NIDRA
AUDIO

FULL MOON
PDF

DAY 3

AWAKE II
VIDEO

AWAKE
AUDIO

BREATH
PDF

NUMEROLOGY
VIDEO & PDF