

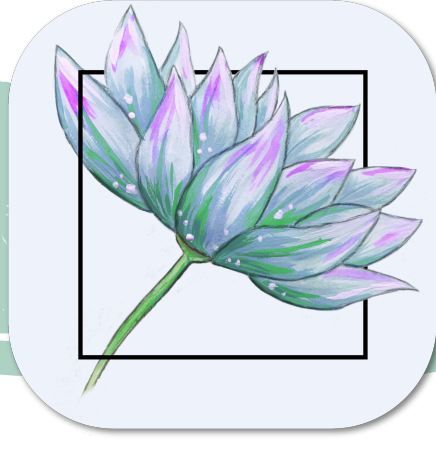
Make yoga practice more available to busy professionals



Provide a resource that makes yoga accessible anywhere, any time



Encourage a yoga journey to build a healthier lifestyle



POSE OF THE WEEK

BRIDGE

Setu Bandhasana

✓ DO

Align knees over ankles

✗ DONT

Bring feet together

“YOGA IS NOT ABOUT TOUCHING YOUR TOES. IT IS WHAT YOU LEARN ON THE WAY DOWN.”

Jigar Gov

SEE REAL PROGRESS

PRACTICE ANYTIME, ANYWHERE

POSE OF THE WEEK

KNEE TO CHEST

Anjanasana

✓ DO

Pull the knee towards the chest

✗ DONT

Raise the head



CHOOSE A PRACTICE LENGTH

Short

15 MINUTES

★ 5

Medium

30 MINUTES

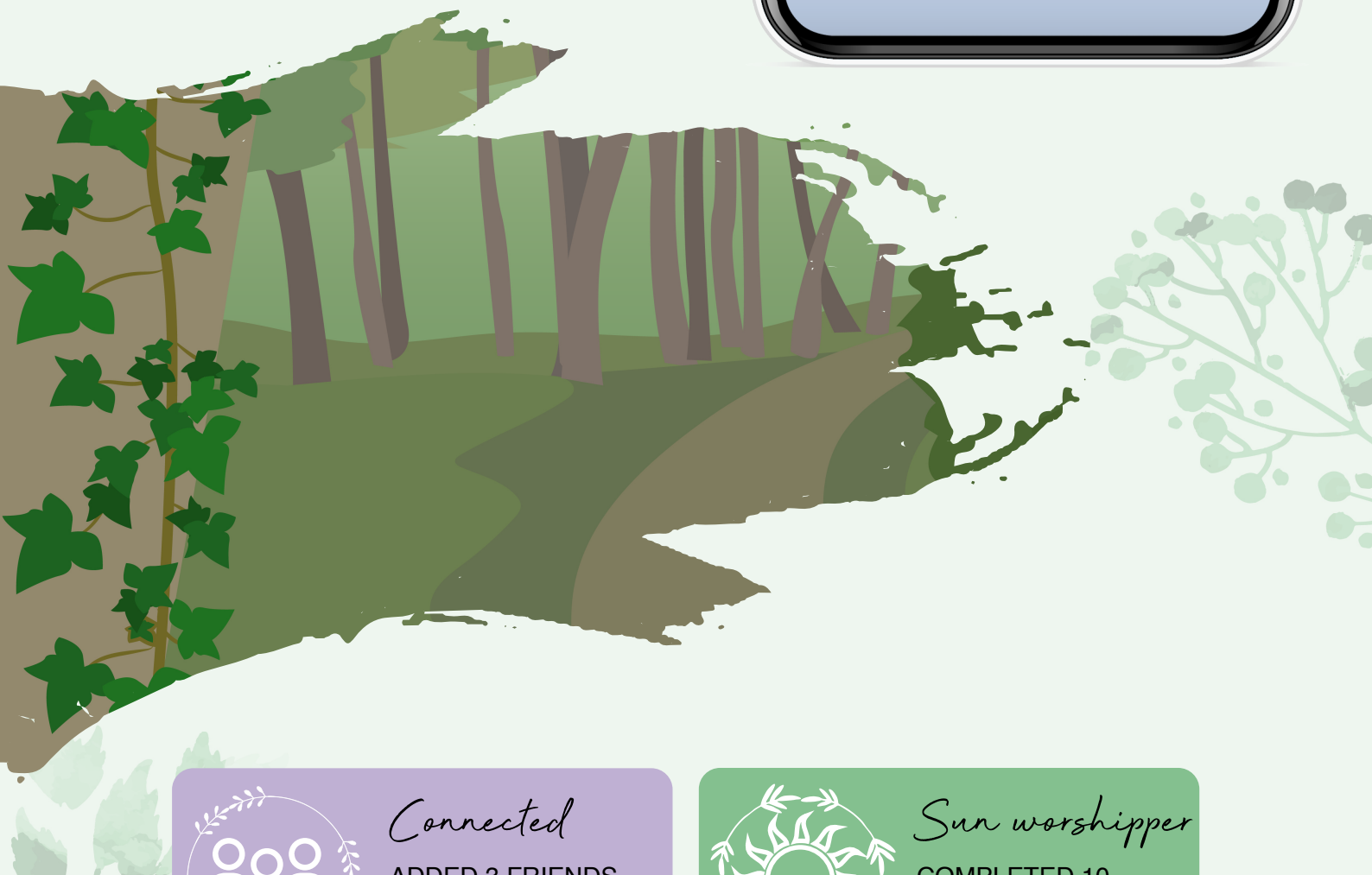
★ 8

Long

50 MINUTES

★ 10

CANCEL



Connected

ADDED 3 FRIENDS

★ 30

Sun worshipper

COMPLETED 10 SUN SALUTATIONS

★ 50

Chakra expert

COMPLETED ALL 7 CHAKRA JOURNEYS

★ 100

Night owl

COMPLETED 10 MOON SALUTATIONS

★ 50