

Download Improvers Am Pm Yoga Two Easy To Follow Yoga Classes

Improvers AM-PM Yoga consists of two easy-to-follow 30 minute sessions suitable for those wishing to move on from a beginner level practice. The AM session has been devised to be followed in the morning to kick start your day and the PM session has been created to be used in the evening to deeply relax and calm body and mind at the end of the day. Improvers AM-PM Yoga consists of two easy-to-follow 30 minute sessions suitable for those wishing to move on from a beginner level practice. Improvers AM-PM Yoga consists of two easy-to-follow 30 minute sessions suitable for those wishing to move on from a beginner level. The AM session has been devised to be followed in the morning to kick start your day and the PM session has been created to be used in the evening to deeply relax and calm body and mind at the end of the day. Improvers AM - PM Yoga contains two easy to follow yoga classes. The AM Yoga class includes more energising yoga practices to prepare you for your day ahead and the PM Yoga class includes more gentle restorative practices to help you unwind at the end of the day.