



I'm not a robot



Time for a break! Join me for this restorative 16-minute practice created to support you in finding ease, a little grace, and someÂ ...
If you are feeling stressed or overwhelmed, you are in a safe space. It doesn't matter if it is stress from personal or professional life. Find peace of mind with this calm and stretchy flow with very little talking. Join the 30-Day Reconnect with your body and the healing power of nature in this 40-minute Gentle & ** Gain access to more classes like this plus our entire library of 1500+ online classesÂ ...
Welcome to this 30-minute Gentle Ease into your body to vanquish anxiety and melt tension. Twists, hip openers, heart openers and stretches, complete with aÂ ... This gentle and relaxing full body Focus on fluid and flowing curves and tai chi inspired movements in this A mid-afternoon slow flow for when you not full of energy and need a bit of calm intentional movement. This practice accompanies this week's reflection on Substack about stress, healing, and making space for yourself. Read the fullÂ ...