



I'm not a robot

































Thank you for joining me for this 50-minute Join Sara for this 30 minute morning Start your day with 30 minutes of Join Sara for this gentle, full-body deep stretch For those days you want to meditate, but you find it difficult to sit still and quiet your mind, connect with you physical body moreÂ ... Have you ever had the feeling that you are lost in your head? Or like your head is in the clouds? Or as if you are disconnectedÂ ... If you are feeling stressed, this Take a pause from your events of daily life to take care of yourself so that you can tap into your own personal resources and beÂ ... With the belief that you have the power to improve your health and boost your immune system, you can protect yourself,Â ...