



I'm not a robot

































Such a big fan of this flow, if I do say so myself! Awesome as a stretchy flow when you wake up or a post-workout stretch, and it's ... JOIN US NOW! Download the iOS app - One of my most requested videos for you all to enjoy today. A Make sure you to my channel for lots more This video is a paid partnership with Sony Music UK to share the beautiful sounds of Alexis Ffrench with you all. You can find and ... Firstly, I apologise that my title is fibbing a little, as the sequence is more like 17- I've done a couple of videos like this before, but you lovelies keep requesting more. Another short chilled-out flow to stretch ... After a long day at work, especially for those of you at a desk, this flow will prove super helpful in easing any tension and tightness ... A short and sweet video to get those arms, abs and shoulders burning. Breathe into the movements and channel your energy into ... Even though this video is targeted at those of you wanting something to unwind with in the evening, it's a great stretch to do any ... The perfect blend of strength and flexibility, this practice will have you opening your hips on a deeper level to reach a bigger range ...