Luma Yoga For Life

SKU: 240-LV09
Stock Qty:

Product Description

• Increase strength + flexibility + metabolism
• Burn calories + feel great
• Gain energy + youthfulness + mental wellness

Download description

Tone up mind and body Pro Yoga Instructor and Master Practitioner Marie Peale helps tone and sculpt your physique with her invigorating yet gentle approach.
You'll learn to use yoga to relax, control stress and increase your calorie-burning capacity, all while exploring traditional and new yoga poses that lengthen and strengthen your full muscular structure.
• Easy download
• Audio options: Music and instruction or instruction only
• Heart rate techniques explained
• Breathing techniques explained
• Move through exercises at your own pace
Two 25-minute workout episodes and one 40-minute workout episode with warm-up and cool down:
Episode 1 Creative, fun session geared toward opening your lungs. Combines stretching and breathing with a focus on hips and shoulders.
Episode 2 Ramp up the tempo and energy with calorie-burning flows. A stimulating workout introducing the body-sculpting power of yoga.
Episode 3 Push your fitness reach and stamina with an intense series of standing and floor exercises and poses. End this extra-length session with a meditative cool down.

instructor bio

About Marie Marie is a trained martial artist and dancer with a BS in Biological Engineering and over 10 years as a certified yoga teacher. Marie has studied yoga in England, India and, in 2009, at the Ashraqat Ashram Yoga Farm in the United States. She has been teaching full time since then. Her focus on strength and wellness combines a deep knowledge of human biology and motivation guided by unconditional love for her audience.

Product Specification

More Information

Format	Download
Activity	Yoga, Athletic