

3-minute Seated

IN COLLABORATION WITH

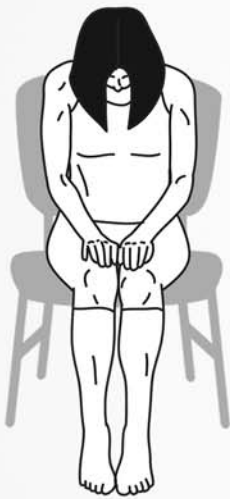


Yoga

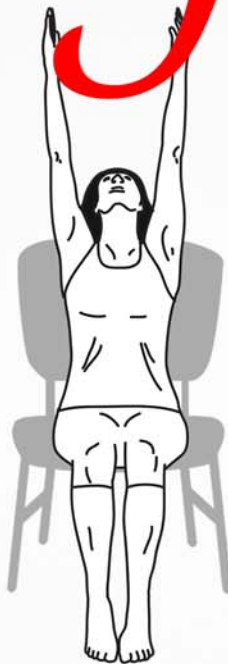
DAREBEE WORKOUT

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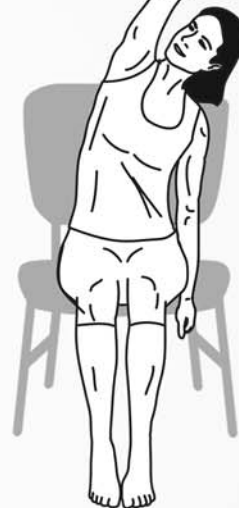
30 seconds each



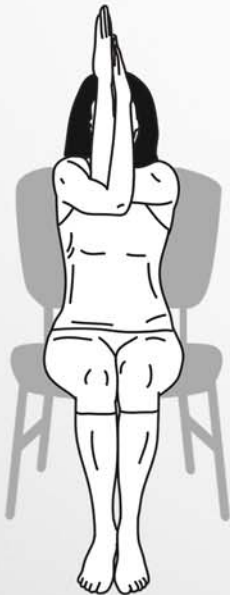
body fold



stretch up



side stretch



lotus twist



lift & reach



half lotus