



**WELL CELL**

Yoga Programs

# Core & Balance Yoga Program



# About Core & Balance Yoga

This program consist of 2 video concerning isolation exercise to give you incredible ab stability and make your entire yoga practice better.

The Program will demonstrate how to build your core and your whole practice to become stronger and more balanced!

This balance exercise will help you to master physical, mental and emotional balance.

**Exercise level: All levels**



# The Best Damn Ab Isolation ever

**Yoga Balance**

Advanced

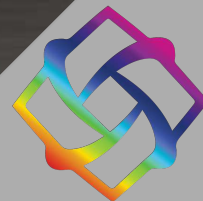




# Mastering Balance

**Yoga Balance**

**Advanced**



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# Program Length

3 months program

Weekly Training: 3-5 days

# Sessions Length

1st video 11 minutes

2nd video 1 hour 27 minutes





# Well Cell

## **CARE OF THE BODY**

*We create Fitness, Yoga and Meditation Programs and Healthy Recipes of Functional Foods to take care of your body.*

## **SAFEKEEPING**

*We have developed environmental protection products and services based on the study of epigenetics.*







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# Contact

**Well Cell**

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