

Welcome to my new monthly membership, called "Wild Heart Yoga."

This monthly membership is designed to support your health and love of yoga by giving you access to yoga classes, guided meditations plus much more all through a secure, easy to access platform.

By subscribing, you'll no longer waste time scrolling through YouTube looking for "that favorite video" or paying for a monthly membership only to find out that there's nothing that suits your needs and no new classes! Instead, you'll have access to an ongoing library of routines to support your practice.

You'll avoid wondering what to do for exercise or looking for ways to use that Mat that's been laying around. Instead, you'll be able to take class when YOU have time AND you'll find specialty sequences to help you learn other wellness techniques, like meditation.

You'll skip that feeling of confusion, wondering how to put together a couple of poses to relieve stress before bed and instead be able to seamlessly access a number of restorative sequences and guided meditations to help you drift off to sleep.

WILD HEART YOGA

The Wild Heart Yoga Practice will give you lifetime access to

- Meditation pre-recorded and live
 - Access to replay videos which grows over time
 - Access to FB Wild Heart Yoga
 - Unique offerings, guest speakers, and More!
 - (3-4) Weekly Live 30-60 minute Vinyasa, Yin and Chair/Wheelchair
 - (1) Live Guided Meditation but so many pre-recorded in Meditation channel
 - 10 Minute Challenges
 - Forums
 1. Healthy recipes
 2. Questions and answers I am not a doctor but as a community we will do the best to answer, with our WHY Tribe Community.
 3. Unhealthy recipes, we all have that one recipe it's all about moderation.
 4. Spotify music
- We are a WHY community where all members can communicate with each other, even private messages.