

Amy's Yoga Stretches

Here's a link to "IMG_0202.MOV" in my Dropbox:

[Amy's Yoga Stretches](#)

Please follow my instructional video daily if time permits. This will allow you to feel comfortable & relaxed throughout your day. Enjoy.

~Namaste

Amy Laidlaw

Balanced Life Solutions

~Certified Reiki Master Practitioner

~Certified Life Coach

480-331-9613

BalancedLifeSolutions.net



Amy Laidlaw
Certified Life Coach
Certified Reiki Master Practitioner
Certified LaHoChi Master Practitioner

BalancedLifeSolutions.net
Amy@BLShealing.net
480-331-9613

Life solutions for your Heart and Soul