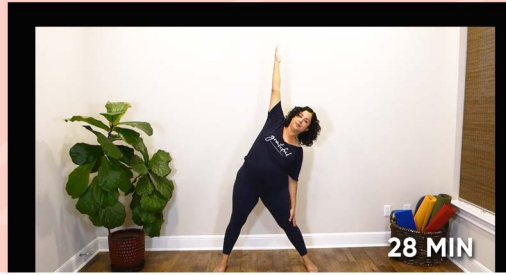
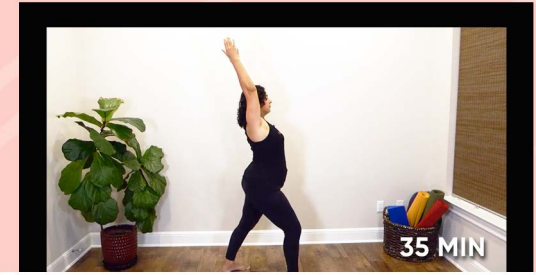


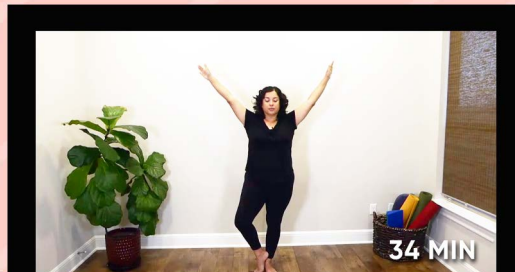
DAY 1



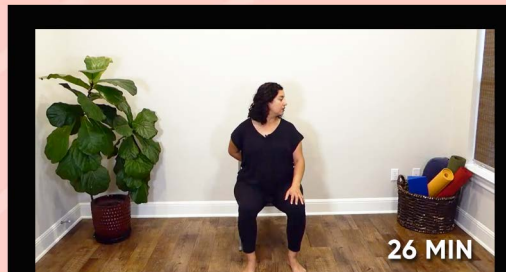
DAY 2



DAY 3



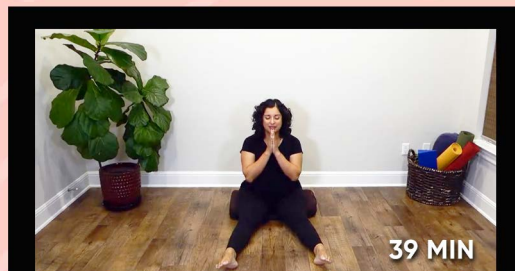
DAY 4



DAY 5



DAY 6



DAY 7

MORE WAYS TO PRACTICE WITH ME!

Monthly Practice Calendar Community: patreon.com/rryogaroom

Daily classes via Zoom (with me and my team): rryogaroom.com/class-schedule

Facebook: facebook.com/rryogaroom

Instagram: instagram.com/rryogaroom

Yoga Props & Apparel: rryogaroom.com/merchandise