

CARD WALLET TEMPLATE

ARTBOARD DIMENSIONS: 297mm x 210mm

CMYK / 300dpi

124mm



{TRACKLIST}

1. TOTAL BODY AND BREATH RELAXATION (11:58)
2. MINDFUL BREATH MEDITATION (07:19)
3. ANCIENT OAK ENERGISING CHAKRAS (चक्र) (13:04)
4. SAMA VRITTI VARIATION - SQUARE BREATHING (12:47)
5. BEACH ESCAPE (11:56)
6. NURTURING YOUR ANAHATA CHAKRA (अनाहत चक्र) THROUGH LOVING KINDNESS (15:17)
7. BONUS TRACK: SHENANDOAH (TRAD.) SUNG BY SABRINA WELLHAM (1:30)



Photo Credit: Dorothy Hadoke 1938
"Snows from Ranikhet"

Disclaimer:

Please practise these meditations and breathing techniques carefully. If you feel any increased stress or anxiety just allow your breath to settle back into its natural rhythm and rest.

www.sarawellham.co.uk

Yoga with Sara

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124mm

{SLOW DOWN AND}



MEDITATION

Catch your Breath

RELAXATION



SARA WELLHAM

WALLET OPENS ALONG THIS EDGE

GRIP EDGE

124mm

- Cut
- - - - - Bleed
- · - · - · - Fold
- Safe Margin

