

# Gentle Warrior



Coached by Lauren Brooks & Kari Miller

Easing in gently to optimize

Strength

Mobility

Balance

Deep Proper Movement

Power

Resilience

Full Body & Core connection

8 specialized group sessions

Each class will also be recorded  
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# Gentle Warrior

**Yijin Wang**



**Gentle Warrior:**

Uncover the mysteries within is enigmatic creation, **Gentle Warrior** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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