Welcome to Baskin Logic Fitness

Your free gifts · Education only

Thank you for joining. Here is everything that is yours, free, with no purchase needed:

1. Breathwork + Mobility Cheat Sheet (1 page)
2. Pranayama How-To: 4 gentle breath practices
3. “Find your 5-minute practice” quiz: baskinlogicfitness.com/quiz/
4. 7-Day Breath & Mobility Starter: one short email a day

Our approach: traditional yoga, pranayama and qigong practices for everyday movement and calm. Go slowly and listen to your body.

You can unsubscribe from any email with one click.

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