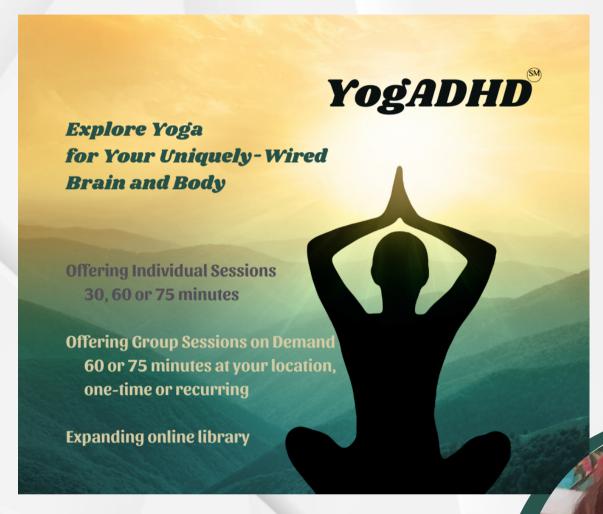
## STRUGGLING WITH ADHD? FIND MORE EASE IN THE EFFORT...



Allow me to show you how applying YogADHD to overcome overwhelm or erase exhaustion can work for you. No particular fitness or flexibility requirements! Learn which poses and sequences support building energy, focus and clarity or calm, quiet and rest.



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Contact Info and Socials

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Certified Professional ADHD Life, Career & Business Coach | RYT-500