

# Download Ddp Yoga Program Guide

Ready to own your life? DDP YOGA is a fitness system that literally anyone can do! It has helped 1000s lose weight, reduce pain, & build strength. Learn more! Crank it up and get ready to sweat! This 25 minute DDP Yoga DVD provides a total body workout and targets problem areas like abs, arms, thighs and butt. For a limited time, your DVD order also comes with 3 months FREE on the DDP YOGA Now app so you can take advantage of progress tracking, cooking demos, live workouts ...1. Join my online community at [www.teamddpyoga.com](http://www.teamddpyoga.com). Go to [www.DDPYOGA.com](http://www.DDPYOGA.com) and get the program. This next section will be done on the DDP YOGA NOW App under that ...