



Student Online Yoga Resources

kripalu.org and kripalu.org/blog

Online yoga videos, five-minute yoga breaks, articles, plus information about workshops, professional training, and retreats in yoga, holistic health, and self-discovery.

doyogawithme.com

100% free, high-definition, yoga video streaming, including classes, **yoga** poses, and breathing exercises.

Offering Beginner **Yoga** to Power **Yoga** and more.

myyogaonline.com

On Demand subscription service offering **yoga** video classes for streaming and download. Practice **yoga** videos with the best teachers from around the world in your own home.

yogaglo.com

Yoga videos and online yoga classes from the top yoga instructors brings yoga right into your living room.

yogajournal.com

Online yoga videos, home practice sequences, articles covering **yoga** poses, **yoga** lifestyle, health and wellness.

Please customize this list based on your specific location and demographic. Feel free to add any local yoga classes, instructional CD's/ DVDs, books, etc., that would be valuable to your students. Refer to your Teacher Resource List for suggestions.