

## YOGA ONLINE RESOURCES



See below for some of my on-line yoga practice recommendations. Only have just 5 or 10 minutes? No problem, click on a link and go! Listed in order from chair yoga to beginner yoga to advanced yoga.

Breathing Exercises: 4-7-8 Breath (3 minutes) <https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>

Dr. Oz Shares a Pain-Relieving Neck Stretch **Beginner** (2 minutes) <https://youtu.be/znYcTwJBOAE?list=PL6707JB4r5bsG-3kuVEmJqGqj2ZEbw6d>

Neck and Shoulder Release, **All-Levels** (1 minute) <http://www.yogajournal.com/video/video/neck-shoulder-release>

Mindful Chair Yoga: A 15 Minute **Beginner** Practice (15 minutes) <https://youtu.be/FkI88Nq3BiU>

Chair Yoga for seniors, **Beginners** & People on the Go | Easy Chair Yoga Exercises (10 minutes) <https://youtu.be/9rNxHZGREks>

DDP Yoga **Beginner Beginner** Workout Preview (15 minutes) <https://youtu.be/caydaltxbwY>

Yoga for Anxiety and Stress, Yoga with Adriene, **all-levels** (27 minutes) [https://youtu.be/hJbRpHZr\\_d0](https://youtu.be/hJbRpHZr_d0)

Flexibility and Range of Motion | **Beginner** Yoga with Tara Stiles (9 minutes) <https://youtu.be/4PglfOOHwH8>

Core Strength | **Beginner** Yoga with Tara Stiles (9 minutes) <https://youtu.be/edNfbfelDHE>

Yoga For Digestion Flow, **All-Levels** (25 minutes) <https://youtu.be/zJWGhHsPMVQ>

Detox Yoga | 20 Minute Yoga Flow for Detox and Digestion, **All-Levels** (20 minutes) [https://youtu.be/cBPP\\_izKKSs](https://youtu.be/cBPP_izKKSs)



Tara Stiles: Yoga Weight Loss & Balance Workout **All-Levels** (50 minutes) – Lori's Fav!  
<https://youtu.be/uUVZAMbGtDg>

Jillian Michaels: Yoga Meltdown **Level 1** (35 minutes)  
<https://youtu.be/a5nyrD4eM64>

DDP YOGA Diamond Dozen 6 - Slow Burn Push-ups, **All-Levels** (3 minutes)  
<https://youtu.be/xWQHvbvlkrM>

Open Hips Routine | **Intermediate** Yoga with Tara Stiles (10 minutes)  
[https://youtu.be/Yv\\_XK6xV7n0](https://youtu.be/Yv_XK6xV7n0)

Crazy Core Building Routine | **Advanced** Yoga with Tara Stiles (10 minutes)  
<https://youtu.be/AVpiJOY-WwA>

Detox sequence *article*, **All-Levels**  
<http://www.yogajournal.com/slideshow/stoke-digestive-fire-detoxifying-sequence/#9>

Spring detox sequence *article*, **All-Levels**  
<http://www.yogajournal.com/slideshow/detoxifying-holistic-yoga-flow-spring/>

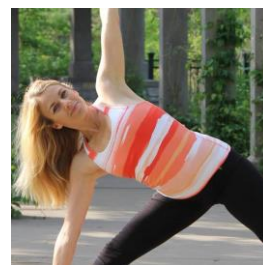
## RECOMMENDED YOGA YOUTUBE CHANNELS TO FIND MORE YOGA PRACTICES

Yoga with Adriene  
<https://www.youtube.com/user/yogawithadriene>

Tara Stiles Yoga  
<https://www.youtube.com/user/TaraStilesYoga>

### List compiled by:

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