

Online Yoga Resources

The following resources are identified for informational purposes only and inclusion on this list is not an endorsement of agencies, individuals or services. Additionally, UNOCS recommends that individuals consult with a physician or other qualified medical professional prior to beginning any exercise routine.

Types of Yoga

Yoga is a movement-based practice that includes several varieties, some that emphasize relaxation and meditation, and some that emphasize physical exercise.

- If you are looking for a relaxing and meditative kind of yoga, look for classes called **Yin Yoga, Restorative Yoga, or Yoga Nidra.**
- If you are looking for a class that builds muscles, flexibility, and endurance, try classes called **Ashtanga, Flow/Vinyasa Flow, or Bikram.**

Benefits of Yoga

As a form of exercise, yoga can help **improve your mood, relieve fatigue, and support your cardiovascular system.**

Yoga also is a way of practicing **mindfulness, which you can think of as being aware in the present moment with an accepting and open state of mind.** Practicing mindfulness is known to help regulate your emotions, relieve anxiety, and help you pay attention and concentrate.



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

Description: "...We welcome all levels, all bodies, all genders, all souls! Browse our library of free yoga videos to find a practice that suits your mood or start a journey toward healing. If you're brand-new to yoga, check out our Yoga For Beginners and Foundations of Yoga series. These are designed to give you the tools to build a happy, healthy at home yoga practice. If you're ready to work up a sweat, try our Yoga for Weight Loss or Total Body Yoga playlists..."

The Yoga Room- <https://www.youtube.com/user/rryogaroom>

Description: “The Yoga Room is a friendly and welcoming studio in Round Rock, Texas (just north of Austin). We specialize in customizing yoga to suit your needs and goals. We offer a 200 Hour Hatha Yoga Teacher Training program that specializes in accessible and therapeutic yoga.”

Mysore Yoga Teacher Training Institute (Samyak Yoga)- Search Samyak Yoga on YouTube

Description: “Samyak Yoga Ashram, Mysore India is one of the best-rated Yoga Teacher Training Ashrams. It is located in the outskirts of Mysore, engulfed by the sugar cane fields, paddy fields, Coconut and Palm trees on the one hand, where as the Ashram is on the banks of river Cauvery.

With professional Yoga Teacher Training in Ashtanga Yoga, Hatha Yoga and Vinyasa Yoga, Samyak Yoga has been the primary destination for Yoga practitioners interested in learning the traditional ways of Yoga practice in a serious - dedicated Yoga School.”