

Yoga online

The benefits of yoga can be enjoyed anywhere there is space to fit a mat. There is a wealth of resources available online, the following is a selection. Tune in from the comfort of your home.

Free sessions online

Honest Yoga

Based in Portadown, Honest Yoga is offering free online classes for every level. Available to view on the website, Facebook and YouTube.

<https://www.honestyogani.com/current-classes>

<https://www.facebook.com/honestyogani>

<https://www.youtube.com/channel/UCn0fORVfPaSXsbyyC3RFhzA>

Yoga SOS

Yoga SOS was established by Danielle McCormick as a direct response to the COVID19 pandemic to allow people everywhere to remain connected to each other through an online yoga community, reduce social isolation, feelings of loneliness, low mood and anxiety.

There are 3 introductory sessions to try for free.

<https://www.yogasos.co.uk/>

Do you Yoga

Do You Yoga has launched a 7-day yoga and meditation challenge aimed at keeping you calm. The channel brings together certified yoga instructors from around the world and delivers fresh videos every week – email sign up is required, a free trial of the full programme is offered but can be skipped.

<https://start.doyouyoga.com/together/>

Yoga Fellowship of Northern Ireland

For further information, head to the website of the YFNI who are the lead body for yoga in Northern Ireland. The Fellowship is a not-for-profit organisation run by volunteers, to promote Yoga and its benefits, and provide training and support to members.

<https://www.yfni.co.uk/>

YouTube Yoga

There are so many free yoga videos available from beginner to advanced. Here is a selection to get you started.

Yoga with Adrienne

Yoga with Adrienne is very popular, and offers a diverse selection of video tutorials and sequences for all yogis, whether you are new to yoga or you have been practicing for years.

<https://www.youtube.com/user/yogawithadriene>

Tara Stiles Yoga

Tara Stiles is the personal instructor of Deepak Chopra and founder of Strâla yoga. Her YouTube channel is organized by sequence type, which includes: "Get Strong" "Get Calm," and "Bedtime".

<https://www.youtube.com/user/TaraStilesYoga>

Annie Clarke

London-based online yoga studio The Practice shares yoga flows, meditation and breathwork. Tune in for themed yoga practices, like stress-busting flows and sequences to aid digestion.

<https://www.youtube.com/channel/UCRO4WLyNCgBt2I3nYFfhEsg>