

5 Top Yoga Apps to Use at the Office

Not everyone is fortunate enough to work for a corporation that offers free yoga classes for their employees on-site. But that doesn't mean you can't do yoga at work. These top 5 apps make it a breeze to take yoga with you wherever you go...including the office.

Simply Yoga

This app is great for beginners who want to ease into a practice without others around. Expert instructors demonstrate a variety of over 30 poses, while the preset routines offer users a choice of 20, 40 or 60 minutes. Plus, it's easy to follow along since this app provides audio that guides you through each step of a pose. The basic app is free, but you can get it even more great stuff with the premium upgrade option.

Daily Yoga

This app focuses on making yoga a part of your daily routine by offering lots of options for the beginner to the advanced practitioner. It also allows you to set goals for yourself, such as learning to meditate or toning your body. If you are looking to improve your overall fitness, you can also take advantage of the other options available with the app, like Pilates. They add new workouts each month, and you can customize your own program and even track different aspects of your fitness like calories burned. The basic app is free, but you can get it even more great stuff with the premium upgrade option.

Universal Breathing—Pranayama

One aspect of yoga is using the breath to steady the mind or pranayama. This app offers courses to help you practice breathing to lift your mood, boost energy, reduce stress and anxiety. The app courses guide you with animations and music to assist in reaching your peak mental health. The cost for this app is \$4.99

Pocket Yoga

This app offers users both audio and video instructions as you move through each pose, including pranayama exercises. They have 27 different programs so that you can choose the level of difficulty that's right for you, and if you are unsure about proper alignment for a pose, you can view their 200 illustrated poses to ensure you are getting the full benefit of your practice. The app automatically tracks your practice, which makes it a breeze to track your progress. This app costs \$2.99.

Yoga.com Studio

This well-designed and popular app offers a wide array of programs (37 in total) and gives you the next-best yoga experience than a class—HD videos that show each pose. They provide nearly 400 postures and breathing exercises in their library and 3D muscle images to gain a fuller understanding of how each pose builds and works your body. This app is free for Android and \$3.99 for iPhone.