

Top Yoga Streaming Programs You Can Use at Work

Since we are all so busy, it's great that we can do yoga anywhere, anytime. It's made easy with the wonder of technology—you can find a wide choice of streaming yoga websites available now. These are awesome for those who want to utilize yoga at the office, either alone or with a group. Here's a list of a few of the best streaming yoga sites out there.

My Yoga Works

This yoga platform offers Hatha and Vinyasa yoga classes, which is a great way to get started with a yoga practice. They have a nice range of classes to choose from, including short tutorials that provide beginners clear instruction on correct alignment for different postures. Further helpful for newbies is that the site makes recommendations for you based on your interested, skill level and needs. You get all of this instruction for only \$15 per month for unlimited streaming.

Grokker

This site offers yoga classes galore, plus more. At Grokker you can find many other types of fitness workouts besides yoga, which makes it the perfect choice for those who want to cross-train on the go. They also give you access to healthy, delicious recipes to add another layer of benefit from this site. You can get a free 14-day trial, and after that, it's only \$14.99 per month.

Gaia (Formerly Gaiam TV)

Gaia has been one of the top names in yoga since...well, forever. The good news is that they've moved from only manufacturing yoga mats and accessories to streaming yoga instruction. Who could know yoga better? They boast expert yoga master instructors from all over the globe and offer classes for all skill levels and class length. Not much time? That's no problem with this site since there are such a large variety of choices. Want more? They also have a large selection of other types of fitness classes and documentaries on conscious living, spirituality, healthy eating

and the like. You get all of this for only \$9.97 per month after your first-month trial at only 99 cents.

Yoga Download

The biggest advantage of this streaming yoga site is the ability to download the videos so they can be viewed offline. This can be an extremely helpful practice feature for many people. They have literally thousands of yoga classes in a range of difficulty levels, styles and lengths so you can easily find ones that are perfect for you. Membership for this site starts at only \$10 a month, for which you can download four classes each month. If you want more variety, you can choose to upgrade your membership to unlimited downloads for only \$18 a month.