

## **Top Yoga YouTube Channels to Use on Your Lunch Break**

So your office doesn't provide yoga classes? No problem. Check out these YouTube Yoga channels to see which is the best fit for you. They offer different skill levels, types of yoga, focus areas and class length. Only have 10 minutes? You'll have no issue finding an outstanding, short class to get you relaxed, centered and ready to finish your afternoon strong.

### **Yoga with Adriene**

This channel is a wonderful place for those new to a yoga practice. You'll feel right at ease with Adriene who demonstrates compassion and the true spirit of yoga in each of her videos. You can find short or long classes, depending on your schedule, along with different focus areas, such as yoga for anxiety and yoga for bedtime and yoga for a broken heart. She has a 31-day yoga series called Revolution, which is a great place to get started with your yoga practice.

### **Yoga Online**

This channel focuses on the ancient use of yoga in a modern way—the mind-body connection is the aim here, not just a good workout. They offer male and female instructors, which is a nice change of pace since yoga instructors on YouTube are typically female.

### **PsycheTruth**

If you are looking for a one-stop (YouTube) shop for natural health, including yoga, this channel should be at the top of your list. They have a wide range of yoga instructors, and many of their videos focus on strengthening trouble areas or improving particular issues, such as shoulder pain and mobility issues and yoga for menstrual cramps. Along with yoga, you'll find videos on natural health, healthy eating, and lifestyle and even massage techniques you can do yourself.

### **Fightmaster Yoga**

Yoga is about relaxation and coming home to yourself, but that doesn't mean you won't work hard...if you want to. After a stressful morning, you

may want a kick-butt yoga workout to release some frustration in a healthy way. Or you may need some self-kindness via yoga. You can get either and everything in between on this yoga channel.

### **Yoga House**

If you aren't sure about all the woo-woo stuff that some yoga practitioners talk about, welcome home to the perfect YouTube yoga channel for you. This one is all about the power of movement and the postures, but also offers you a variety of types of yoga to explore, including Bikram and Ashtanga yoga. At Yoga House, you can get down to the workout without the focus of how yoga unites body and mind.