

healthline



The Best Yoga Videos of 2019

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on May 28, 2019

There are many reasons to come to your mat for a yoga session. Yoga can increase your strength and flexibility, calm your mind, promote body awareness, and even help relieve or reduce physical conditions like back pain or minor digestive troubles.

Whether you're exploring yoga for the first time or building your practice, this year's best yoga videos are actively educating, inspiring, and empowering their viewers.

Gentle Yoga for Bigger Bodies

They're a great place to get started — regardless of experience, size, shape, or flexibility.

This gentle practice was designed for people who are new to yoga or who feel less than flexible. In the 25-minute practice, the founder of The Yoga Room offers calm direction while a staff member demonstrates the poses with appropriate accommodations.