

# Resources for Yoga and Meditation/Mindfulness

Yoga and mindfulness/meditation does not require an expensive membership to a yoga studio, fancy clothes or equipment. It really is accessible to all bodies- ages, sizes, fitness levels anywhere they may be. I hope you take a look at these resources and try it out and find something that feels like a good “fit”. The physical and mental benefits are worth it! Good luck and God Bless.

## DEFINITIONS/TYPES OF YOGA

Take a peek at this website and it gives definitions of the different types of yoga. Like I mentioned, when you try one, try another. It takes a little bit of experimentation to find the type that best connects with you.

<https://www.mindbodygreen.com/articles/the-11-major-types-of-yoga-explained-simply>.

## PODCAST FOR MINDFULNESS/MEDITATION

This is my favorite podcast for mindfulness and meditation. It is free. You can also access it on Alexa, Audible and anywhere you get your podcasts.

<https://www.tarabrach.com/talks-audio-video/>.

## VIDEO COURSE FOR ALL TYPES OF YOGA PRACTICE

This is the best set of free online yoga material I have seen. She has many variations and never really gets crazy in her poses. I highly recommend her! She has good resources here for chair yoga as well as meditation, mindfulness and breathing.

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

If you want to explore other options, here is a list of top free yoga video instructors:

<https://www.yogiapproved.com/yoga/youtube-channels-we-recommend-for-free-yoga-videos/>

## CHAIR YOGA RESOURCES

<https://www.youtube.com/watch?v=KEjiXtb2hRg>

<https://www.youtube.com/watch?v=1YHjBYcqJ5c>

## WANT TO READ MORE ABOUT THE BENEFITS OF YOGA and MEDITATION/MINDFULNESS?

<https://osteopathic.org/what-is-osteopathic-medicine/benefits-of-yoga/>

<https://www.healthline.com/nutrition/13-benefits-of-yoga>

<https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>

## GUIDED MEDITATIONS

There are some guided meditations and instructions on how to breathe. We didn't have time to give that the attention it needed in the video, but it is a critical (and hard!) skill to learn! It takes practice. Who would think that learning to breathe takes practice.

<https://www.youtube.com/watch?v=inpok4MKVLM>

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

<https://www.youtube.com/watch?v=GUiqw6CRol>

## WEEKLY YOGA CLASS VIA ZOOM – LED BY Dr. MICHELLE GREEN

Michelle Green is inviting you to a scheduled Zoom meeting.

Topic: Tuesday Zoom Yoga

Time: Jun 9, 2020 07:00 PM Eastern Time (US and Canada)

Every week on Tuesday, 10 occurrence(s)

Jun 9, 2020 07:00 PM

Jun 16, 2020 07:00 PM

Jun 23, 2020 07:00 PM

Jun 30, 2020 07:00 PM

Jul 7, 2020 07:00 PM

Jul 14, 2020 07:00 PM

Jul 21, 2020 07:00 PM

Jul 28, 2020 07:00 PM

Aug 4, 2020 07:00 PM

Aug 11, 2020 07:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: [https://zoom.us/meeting/tJ0ld-](https://zoom.us/meeting/tJ0ld-GrpjqgGdPH14SpChLk0clcwurh9qRS/ics?icsToken=98tyKuChpsiGdyWsxqARox5GoigWenxiHZejadttE6xMDBwai_9ZuFrMaVqAtCJ)

[GrpjqgGdPH14SpChLk0clcwurh9qRS/ics?icsToken=98tyKuChpsiGdyWsxqARox5GoigWenxiHZejadttE6xMDBwai\\_9ZuFrMaVqAtCJ](https://zoom.us/meeting/tJ0ld-GrpjqgGdPH14SpChLk0clcwurh9qRS/ics?icsToken=98tyKuChpsiGdyWsxqARox5GoigWenxiHZejadttE6xMDBwai_9ZuFrMaVqAtCJ)

Join Zoom Meeting

<https://zoom.us/j/99808383337>

Meeting ID: 998 0838 3337

One tap mobile

+19292056099,,99808383337# US (New York)

+13017158592,,99808383337# US (Germantown)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 998 0838 3337

Find your local number: <https://zoom.us/u/aqAE6SbUc>