



Yoga Practice Recommendations

Free on-line yoga practice recommendations by Lori Kearney. Only have 10 or 20 minutes? Click on a link and go! Listed in order from chair yoga to beginner yoga to advanced yoga. Namaste.

Dr. Oz Shares a Pain-Relieving Neck Stretch

Beginner (2 minutes)

<https://youtu.be/znYcTwJBOAE?list=PL6707JB4r5bsG-3kuVEmJqGgj2ZEbw6d>

Mindful Chair Yoga: A 15 Minute **Beginner** Practice (15 minutes)

<https://youtu.be/Fkl88Nq3BiU>

Chair Yoga for seniors, **Beginners** & People on the Go | Easy Chair Yoga Exercises (10 minutes)

<https://youtu.be/9rNxHZGREks>

DDP Yoga **Beginner Beginner** Workout Preview (15 minutes)

<https://youtu.be/caydaltxbwY>

Yoga for Anxiety and Stress, Yoga with Adriene, **all-levels** (27 minutes)

https://youtu.be/hJbRpHZr_d0

Flexibility and Range of Motion | **Beginner** Yoga with Tara Stiles (9 minutes)

<https://youtu.be/4PqIfOOHwH8>

Core Strength | **Beginner** Yoga with Tara Stiles (9 minutes)

<https://youtu.be/edNfbfeIDHE>

Yoga For Digestion Flow, **All-Levels** (25 minutes)

<https://youtu.be/zJWGhHsPMVQ>

Detox Yoga | 20 Minute Yoga Flow for Detox and Digestion, **All-Levels** (20 minutes)

https://youtu.be/cBPP_izKKSs

Tara Stiles: Yoga Weight Loss & Balance Workout **All-Levels** (50 minutes) – Lori's Fav!

<https://youtu.be/uUVZAMbGtDg>

Jillian Michaels: Yoga Meltdown **Level 1** (35 minutes)

<https://youtu.be/q5nyrD4eM64>

DDP YOGA Diamond Dozen 6 - Slow Burn Push-ups, **All-Levels** (3 minutes)

<https://youtu.be/xWQHvblkrM>

Open Hips Routine | **Intermediate** Yoga with Tara Stiles (10 minutes)

https://youtu.be/Yv_XK6xV7n0

Crazy Core Building Routine | **Advanced** Yoga with Tara Stiles (10 minutes)

<https://youtu.be/AVpiJOY-WwA>

Recommended Yoga You Tube Channels to find more yoga practices

Yoga with Adriene

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

Tara Stiles Yoga

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

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