Online Yoga for Over 50 Is Abundantly Available!

Making Sense of the Many Choices

By Janet Hennard, E-RYT500/C-IAYT

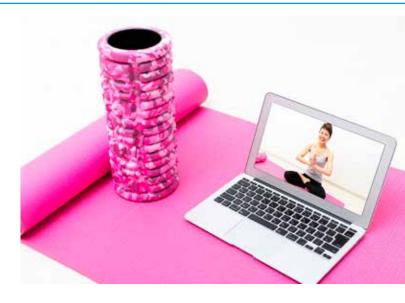
You are staying home to stay well. But that doesn't mean you can't continue to practice yoga with quality and dedicated instructors. There is an unprecedented abundance of yoga instruction online for those over 50 — so many options, in fact, that determining what is best for your needs and budget can be a daunting task! So let's break it down — pros/cons, costs and sample offerings.

Pre-recorded Streaming Instructional Yoga Videos — **Subscription Required**

Pros: Watch anytime; huge quantity of videos; high quality instructors: variety of yoga and meditation styles; suitable for many experience and age levels; short or long videos.

Cons: Up-front financial commitment (many offer free trial); no live interaction with instructors or other students.

- Gaia gaia.com \$99-\$299/year "More than 8,000 videos ranging in difficulty and focus."
- Yoga International yogainternational.com \$19/month or \$120/year "Connect and study with 500+ expert teachers across yoga therapy, anatomy, meditation, and more."
- YogaGlo glo.com \$18/month "Over 4,000 videos...integrated into many devices, including Roku, Apple TV, and Google Play."
- Down Dog App downdogapp.com \$7.99/month or \$49.99/year "Select your time, level, focus, voice, and music, and Down Dog creates a unique, personalized yoga practice...."
- Yoga Download yogadownload.com \$12-\$18/month or \$120/year Good for beginners.



YouTube Yoga Videos — Free

Pros: Watch anytime; free; abundance of videos and instructors. **Cons:** No live interaction; YouTube advertising; anyone can upload — some are low quality.

- Yoga with Adriene yogawithadriene.com Probably the most popular YouTube yoga, casual and fun, yet professional; from easy to intermediate.
- Yoga with Kassandra yogawithkassandra.com Chair yoga to intermediate.
- Jessamyn Stanley jessamynstanley.com A body-positive approach to yoga that celebrates all bodies.

Live Streaming Yoga Classes — Fee/Donation

Offered by many yoga studios or individual instructors; Zoom is the most popular platform.

Pros: Best for maintaining connection with your established yoga community and familiar instructors; casual; opportunity for a live discussion or to ask questions; option to be seen or not.

Cons: Must watch on schedule (but some offer a recording); presentation usually not as slick as pre-recorded using professional videography.

Facebook Live Yoga Classes — Fee/Donation/Free

Pros: Watch your favorite instructors; casual atmosphere; provide live comments and view others'.

Cons: Must watch on schedule (but some upload to YouTube); except for running comments, no interaction; presentation usually not as slick as pre-recorded using professional videography.

Yoga and meditation help keep us centered and calm even as things seem to be crumbling around us. So explore the rich and diverse abundance of online classes. You are sure to find one or more perfectly suited to you!

Janet Hennard, MA, E-RYT500, C-IAYT, is a registered yoga teacher and certified yoga therapist who teaches classes in the Dallas area. She also offers private yoga sessions for those with special needs.

