YOGADOWNLOAD.COM

TAKE YOGA ANYWHERE

Forget yoga DVDs - gain access to an ever-growing library of 900+ online yoga classes you can do at home or on the go. YogaDownload.com brings you world-class instructors teaching yoga classes from super relaxing to more vigorous, in a wide variety of lengths and levels, perfect for your busy schedule. Our easy-to-use advanced filtering options ensure you can find the perfect class every time.

Starting or maintaining a yoga practice can be challenging from both a time and energy standpoint, which is why we've created a variety of lengths and levels to fit your busy schedule. The versatility of YogaDownload.com makes it easy to get your yoga practice in, even on those days when you only have 20 minutes to spare!

1 - Year Elite Membership now $29! (reg. $90)

WHY YOGADOWNLOAD.COM?

- Over 20 yoga styles available, from very vigorous to extremely relaxing
- Wide variety of class lengths, from 5-120+ minutes
- Ever-growing selection of classes including Power Yoga, Ashtanga, Hot Yoga & Gentle Hatha
- Absolute beginner to advanced level classes available
- World-class teachers
- Download or stream every class
- Find your perfect class with advanced filtering options
- 4-6 new classes added to the site weekly
- Weekly articles & newsletter with great info & resources
- Take Yoga Anywhere - support on a variety of devices

BENEFITS OF DOING YOGA

- Live a happier, healthier life!
- Greatly reduce feelings of stress while increasing mental calmness
- Experience better sleep and increased energy
- Lose weight and improve body acceptance
- Gain relief from aches and pains
- Improve flexibility, strength, and joint health
- Decrease your reactivity in stressful situations
- Improve balance and posture
- Drain lymphs and boost your immunity
- Lower your blood pressure and slow the heart rate
- Heighten your self-awareness

We're your online yoga studio, open 24 hours a day!

To redeem, go to: www.yogadownload.com/gates