

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 Cassandra** — 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!

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