

Therapeutic Yoga Resources and Recommendations

The following are online yoga resources to introduce yoga into your daily routine.

****These are recommendations that should be considered in conjunction with medical advice. Ask your therapist if you have any questions or concerns****

Free Seated/Chair Yoga

- **Ohio State Yoga Photos & Videos**
 - **Handout with Photos:**
<https://healthsystem.osumc.edu/pteduc/docs/GentleSeatedYoga.pdf>
 - **Chair Yoga- Arms only:** go.osu.edu/yogachair
 - **Chair Yoga- Arms and Legs:** go.osu.edu/yogabededge
 - **Laying on your back** (in bed or on floor): go.osu.edu/yogabedgentle
- **Leap Services Videos**
<https://www.youtube.com/channel/UCluKcGhYJelnOjG6E6nOyww>
 - 5 Chair yoga class options
 - Guided relaxation videos for mindfulness

Free Yoga

- **Yoga with Adreine** <https://yogawithadriene.com/free-yoga-videos/>
 - Many options, including chair and gentle yoga or yoga for specific pain or difficulties
- **Insight Timer** <https://app.insighttimer.com>
 - App for phone
 - Guided relaxation primarily, also has various yoga videos/events
 - Helpful for guided relaxation to fall asleep

