

Yoga in Yoga Out Virtual Classes

Yogaplusreliv is launching a new online yoga class with many features designed to enhance the virtual yoga experience. Owner Theresa King created Yogaplusreliv system in 2006 as a way to make yoga's benefits accessible to more people and practicing yoga inexpensive and more convenient. Anyone with a high speed internet connection can easily download a yoga class of their choice, often for far less than the price of a traditional yoga class.

Theresa hopes to add to Yogaplusreliv high-tech system yet friendly appeal with the launch of her new website. Most notably, each virtual yoga class is now accompanied by a printable companion pose guide which shows the picture, name and sequence for each pose in the class. Additionally a complete pose guide section has been added highlighting many yoga poses complete with pictures, descriptions and benefits for each.

Yogaplusreliv.com has also added membership options allowing users to pay a monthly fee for access to her entire library of yoga classes and music. Theresa notes, "Being the first to download a new class and having the option to choose from a variety of class styles keeps people inspired in their yoga practice and excited about our product"

Helping the Yoga community to stay connected and inspired is another goal Theresa has set for the new Yogaplusreliv system. Additionally, users can now submit reviews on classes, which is helpful to those deciding on which class to download.

Yogaplusreliv virtual yoga classes cater to a wide range of styles, experience levels and strengths. Each class will be accompanied by professional music and can be played on any iPod or other MP3 player, CD player, computer or compatible cell phone. Register now for your virtual classes.