

Top 100 Yoga, Holistic, & Mind-Body-Spirit Websites 2012 by



[Synergy by Jasmine](#)

Here is my list....My completely subjective list of the top 100 Yoga, Holistic, and Mind-Body-Spirit Sites.

How did I come up with this list? Many of the teachers, products or retreat centers I have personal experience with. They have shaped my yoga journey and other parts of my non-yoga life. I have taken many of their classes or workshops or bought their DVDs and have practiced to it dozens of times. A few are sites that I regularly read their posts. Some are because the website or author has written an influential book in this realm. Admittedly, some of the sites might be weak on content, functionality or navigation but the site is just an intro to a great holistic resource. A few are places that I write guest blogs for.

Some of them happened to be special because of the key role they played in certain parts of my life. I met my husband at Omega, our romance blossomed at Kripalu and we had our wedding ceremony in a Mexican Cenote (limestone water cavern) with a Mayan Shaman.

I can't imagine not having music during my yoga practice so there are a few yoga music sites on here as well and I bought many of the musician's CDs or have been to their concerts. Authenticity and having personal experience with the practitioner, product or institution was part of the criteria for making this list. In a way, it is an "Appreciation" list.

I wanted to include a few government sites since those often have all kinds of great research and clinical trials on there. My vision is for this list to be a great gateway into the holistic world, with a strong emphasis on yoga since I'm a yoga teacher. Yogis need special clothes, props, mats, spaces, music and equipment so I wanted to include some of my favorite places to buy all things yogic. If you have been involved with the holistic community for a while you will recognize some of the sites on here and likely find dozens of great resources here.

I welcome suggestions for other sites that can be included in next year's list. While we all value directness and constructive criticism, please be professional and refrain from disparaging comments... no trashing anyone on this list or that will disqualify you from being considered for next year. Ideally, you would nominate another company but I do accept self-nominations. I reached out to the webmasters of most of the sites and if something is in quotes, then it is in their words and not mine.

If you live in Philly or San Diego, then invite me over for a class or workshop so I can maybe include you in next year's list or blog about it in an upcoming blog. If you have products that you want me to review let me know and I will send you a mailing address in a separate email (press at synergybyjasmine.com) with "Product Review Request" in the subject. This list is in no particular order.

Namaste, Jasmine Kaloudis

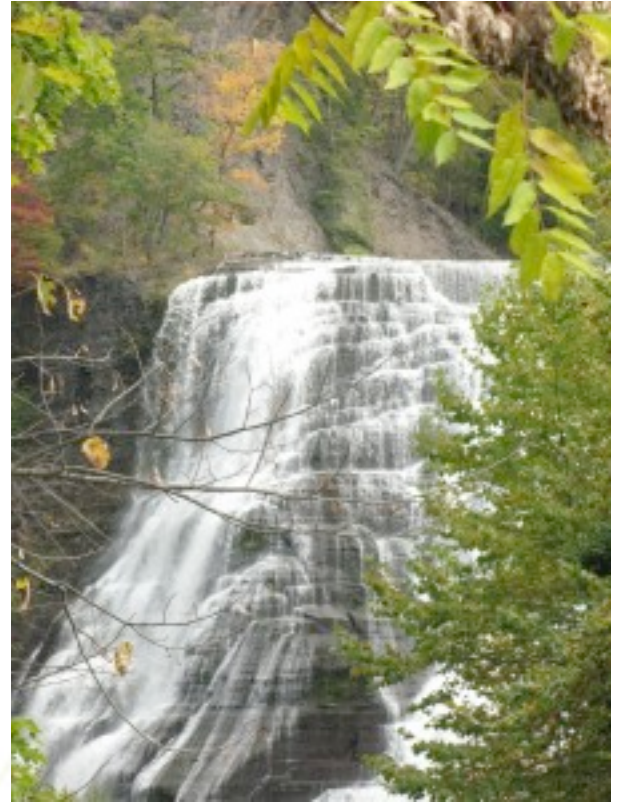


Gaiam, Gaiam Yoga Club, Gaiam Life All kinds of zen-designed wellness products for your home and garden. I love the zen alarm clock, such a gentle way to wake up. The Yoga Club has on demand yoga instruction designed for all experience levels (beginner to advanced)! Enjoy clear, insightful instruction that reinforces the fundamentals of yoga lead by Rodney Yee and Colleen Saidman. Informative articles on a variety of topics for the holistically inclined. <http://www.gaiam.com/> and <http://life.gaiam.com/>

Yoga Accessories An awesome smorgasborg of yoga products and clothes including hard to find items like those Mexican Yoga Blankets and ToeSox. <http://www.yogaaccessories.com>

National Center for Complementary and Alternative Medicine, from the National Institutes of Health. A good source of research, basic information, and conservative, fact-supported alternative medicine info. Their mission is to define, through rigorous scientific investigation, the usefulness and safety of complementary and alternative medicine interventions. <http://nccam.nih.gov/>

MedlinePlus Has credible conventional health news, research and a CAM (Complementary and Alternative Medicine) section. MedlinePlus brings together authoritative information from the National Institutes of Health and other government agencies and health-related organizations. MedlinePlus also contains extensive information about drugs and supplements, an illustrated medical encyclopedia, interactive tutorials and surgery videos. <http://www.nlm.nih.gov/medlineplus/complementaryandalternativemedicine.html>



Acupuncture Today Is good for acupuncture, of course, but also has info on other CAM resources such as info on herbs, vitamins/minerals, dietary supplements, etc., and a nice doctor/provider-search tool, too. <http://www.acupuncturetoday.com/>

Dr. Andrew Weil Has introduced many people to alternative medicine, makes it understandable and accessible, and even has a Q&A column. Information is reliable and sound and is written in clear, layman-friendly language. <http://www.drweil.com/>

Science Daily – Alternative Medicine News Someone wrote to me that , “I’ve used ScienceDaily for ages as a resource for “new news” on health and just recently found they have an alternative medicine section. http://www.sciencedaily.com/news/health_medicine/alternative_medicine/

American Holistic Medical Association Another that’s worth bookmarking for its good resources and credibility is the American Holistic Medical Association website. <http://www.holisticmedicine.org/>

Bastyr University I also like the research section of the Bastyr University (www.bastyr.edu) site and have found it to be a good source of info on clinical trials and research involving alternative medicine. “In addition to federally funded research, we seek to identify and pursue external research opportunities funded by the natural products industry, as well as by private individuals and domestic and international companies.” <http://www.bastyr.edu/research/>



The Chopra Center Someone wrote me that, " I like is Deepak Chopra's site because of Chopra's background (so many great books) and the mind-body events listed/linked on the site, as well as the mind-body info and resources you'll find there." <http://www.chopra.com/newsletterinfo>

My Yoga Online Is a resource for mind-body health,wellness and holistic living. They offer hundreds of yoga, Pilates, meditation videos and information on workplace wellness, green living, expert health advice, and a Q&A forum with professionals. <http://www.myyogaonline.com/>

Kripalu Center for Yoga & Health I wish I could die at this place. If I ever need to escape from the pressures of modern life, Kripalu would be high on my list. The most acclaimed yoga and mind-body-spirit education facility in the country. A ridiculous amount of course subjects and offerings, from sushi to horseback riding. Located a few hours drive west of Boston. Did I mention this is the place that turned me and my hottie hubbie from friends into now married people a few years ago in a Thai Massage class? (Yup!) <http://www.kripalu.org/>

Rancho La Puerto My mom calls this place camp for grown-ups. If you are jonesing for a spa experience but are on a tight budget this is the place to go without compromising on quality. It's located in Mexico but pretty near San Diego.. The program here is famous for yoga, hiking, Pilates, organic food fresh from their own farm, gardens and meadows, with charming "casita" accommodations. <http://www.rancholapuerta.com/>

Newbie Yoga A site for those who are new to yoga and want to learn more. You can see poses online and get information on all aspects of this holistic practice. Do names of yoga poses like downward dog, half locust and cow face confuse you? For those who are interested in the various types of yoga poses, there are easy to follow pictures and explanations. <http://www.newbieyoga.com/>



Yoga Basics Browse the yoga 101 section under 'Learn' for general info on the history and types of yoga, then start exploring asanas the physical postures used in hatha yoga. <http://www.yogabasics.com/>

Breast Cancer Yoga Useful information about yoga and breast cancer. <http://www.breastcanceryoga.com/Blog.html>

Namasteph Yoga Blog Very insightful articles about current yoga trends. <http://namasteph.com/>

Yeah Dave Yoga Yoga for non-pretentious, but still self-indulgent people, by Yogi Dave. "What's different about my style is that I teach how you don't need to strap on loin cloth or move to India to be present. You can do it by embracing everyday passions like exotic chocolate, delicious food, fine wine, and great tunes." <http://yeahdaveyoga.com/>

Elephant Journal All kinds of articles about things mind-body-spirit, often with humor and panache but with a variety of writers. <http://www.elephantjournal.com/>

Yoga Hub "Revolving Around You" is based on our mission to bring awareness to individuals worldwide by supporting them in their personal practice of yoga. We are committed to sharing our resources and promoting the practice of yoga through interaction with yoga communities." <http://www.yogahub.org/>



Yoga Today “Yoga Journal, the bible of yoga enthusiasts and teachers alike, offers weekly 20-minute studio podcasts and 20-minute segments from its line of yoga DVDs. The 20-minute routines, which include energizing sequences, arm strengtheners and hip openers, can be streamed or downloaded to your computer from the site. You can also subscribe on iTunes. The picture quality is relatively good and the instruction competent. <http://blog.yogatoday.com/>

Chai Yoga “A blog about yoga and living an authentic life. It’s pretty simple – I love chai and I love yoga. I think waking up and making a steaming mug of chai makes getting out of bed worth it, and a regular yoga practice brings so many good things to my life that I don’t know where to start in listing them. Which is what inspired me to start this blog!” <http://chaiandyoga.com/>

101 Cookbooks “ 101 Cookbooks is where I write about the recipes that intersect my life, travels and interests. I focus on natural, whole foods and ingredients-vegetarian recipes that are good for you, with the occasional sweet treat. “ <http://101cookbooks.com/>

Rama Mama Corporate, worker bee by day, peaceful yoga teacher by night and mother of a happy, healthy baby girl 24X7. Sharing tips on using yoga for everyday rama or joy. Yoga is not only my passion but helps me live a joy-filled life, even as a full-time working, new mom, juggling to maintain my yoga practice, my family and ultimately my happiness. <http://www.ramamama.blogspot.com/>



Yoga Rants&Raves Created by Sherry Goldstein’s Yoga Sanctuary, “We intend to serve up a provocative blog that’s also light-hearted and fun for both yogis and non-yogis.” <http://www.yogarantsandraves.com/>

Lexi Yoga Fun and quirky with different categories. 101 Yoga Quotes and 101 Karma Quotes are my favorite links. <http://www.lexiyoga.com/>

Yoga Whiz Bare bones and no frills but worthwhile articles on yoga and health. <http://www.yogawiz.com/blog/>

Yoga Journal I like the little known community section, which is kind of buried where you can post your articles, videos and pics. Here you can watch videos, download podcasts, meet other YJ members, read YJ blogs, read member blogs, or start your own blog. You can check out the groups and read what members think about a variety of yoga-related topics. <http://www.yogajournal.com/community>

Yoga Dork Kind of a Yoga-razzi site (yoga plus paparazzi) lots of posts about high profile teachers and celebrities. It’s like combining E! and YogaJournal. <http://www.yogadork.com>

Hip Tranquil Chick & **Tranquility du Jour** Love how girly this is. A woman who weaves her practice of yoga and love of all things fabulous into a hip and tranquil lifestyle. Hip Tranquil Chick allows the reader to contemplate the ancient art of yoga with a thoroughly modern and playful attitude. <http://hiptranquilchick.com/> and <http://blog.kimberlywilson.com/>

Tribe Yoga They offer yoga alliance accredited 200 & 500 hr yoga teacher training intensives in world-wide destinations. <http://www.tribe-yoga.com/>



Crazy Sexy Life Founded by Kris Carr, New York Times Best Selling author and zany wellness warrior, Crazy Sexy Life is an award-winning wellness site with daily tips, articles and programs for building vibrant health and happiness. <http://crazysexylife.com/>

Dr. Mercola Has made significant milestones in his mission to bring people practical solutions to their health problems. <http://www.mercola.com>

Shiva Rea Vinyasa Yoga Flow, Yoga Trance Dance and Yoga and Surfing. Her music is powerful and workshops are great. <http://shivarea.com>

Yin yoga Is one of the more slow, deliberate and meditative as opposed to athletic styles of yoga. Paul Grilley's website is a resource of writings, pictures, books and DVDs that focus on two things: 1. How anatomy relates to yoga training and yin yoga can be a useful complement to yang forms of yoga. <http://www.paulgrilley.com/>

Bernie Birney Offers quirky, and accessible, yoga musings aimed to motivate readers to create lives they really love. The site is written in plain language, and full of both heart and humor. www.berniebirney.com



Sadie Nardini is a virtual cornucopia of free and affordable yoga videos, Immersions, YouTube videos (200!), Instant DVDs-even an online teacher training. Sadie's mission is to offer her Core Strength Vinyasa Yoga teachings, which amplify the benefits of all yoga styles, to anyone and everyone through social media. Her vigorous style is not for the faint of heart and only if you are prepared to sweat and work. <http://www.sadienardini.com/>

Om Factory Live in NYC? Get over to this studio for one of their unusual styles of yoga taught here including AntiGravity Yoga, AcroYoga, Yoga Fight Club, Hoop Vinyasa and BDX, as well as workshops, immersions and teacher training courses. www.omfactorynyc.com

Yoga Works A great yoga studio in locations many wide that is beginner friendly. A great model of how to run a yoga business as well. <http://www.yogaworks.com/>

Yoga Matic Jennifer Anniston had a custom yoga mat of Oprah's two dogs made for her from this company. I'm going to buy my two girlfriends one of these for their upcoming weddings (hope they don't read this part of the post) <http://yogamatic.com>

Stop Smoking with Yoga Two websites but by the same author. "Learn basic Yoga exercises and breathing techniques to help your recovery from nicotine addiction progress more healthfully. Learning and engaging in these beginning Yoga postures can not only help you quit smoking, it can also improve your emotional and physical health!" <http://www.stop-smoking-now-for-life.com/yoga-benefits-stop-smoking.php>

YogaFit "YogaFit is the leader in mind body fitness education since 1994. DVD's, CD's, apparel, accessories, teaching tools, wholesale, trainings and conferences worldwide." A great resource is you want to start teaching yoga in fitness [centers. http://www.yogafit.com/](http://www.yogafit.com/)



Claire Diab Find tips on Health & Wellness, Nutrition, Yoga and meditation. Claire has 7 Yoga DVDs including her DVD Yoga for Weightloss. There is also audio available on Breathing Techniques and Sun Salutations that you can download to to your [ipod](#). I think her tapes are very beginner-friendly. <http://www.clairediab.com>

Clean Eating This magazine has outstanding recipes if you want to cut the doodoo out of your diet and start eating things that nourish you instead of depleting you but aren't ready to go all raw, vegan, vegetarian etc. <http://www.cleaneatingmag.com/>

Principle-Based Partner Yoga Useful resources for partner yoga, more aimed at an advanced practitioner. <http://www.partneryoga.net/>

Acro Yoga...kind of Cirque Du Soleil meets yoga. Not for the timid. <http://www.acroyoga.org/>

prAna If you want to look stylish while doing your downdog. <http://www.prana.com>

Desiree Rumbaugh With the ability to demonstrate some of the most difficult postures and getting students to experience the same sequences, Desirée has a reputation for deepening even the most advanced practices. She does it with a sense of humor balanced with a quest for authenticity. I really love her Yoga for Back Pain, Yoga for Neck and Shoulders DVDs. <http://www.desireerumbaugh.com>

Yoga Teacher Telesummit Features free presentations from and interviews with highly respected teachers and experts in the yoga and conscious business world. Great resources if you want to learn more about teaching and running a yoga business. <http://www.yogateachertelesummit.com/>

Judith Hanson Lasater, Ph.D., PT Probably the most highly regarded expert on restorative yoga, which is the dessert of yoga. (treat yourself) This is an ideal kind of yoga if you are not as athletically inclined or are just exhausted. You won't get a six pack from it though. <http://www.judithlasater.com/>

Yoga Age All kinds of directories and resources. <http://www.yoga-age.com/>

LifeForce Yoga A resource for research, trainings for yoga and mental health professionals, workshops, teachers and psychotherapists trained by Amy Weintraub as LifeForce Yoga Practitioners, and yoga CDs, DVDs, webinars, teleclasses, and books that support optimum mental health through yoga. <http://www.amyweintraub.com> & <http://www.yogafordepression.com>

Deva Premal & Mitten I don't think you can call yourself a yoga teacher unless you have at least 2 of their DVDs. Deva's voice is like an angel and their tunes are soulful, sensual and penetrating. <http://www.devapremalmitten.com/>

Jai Uttal I discovered Jai Uttal at the Omega Institute a few years ago. Great tunage to play in your yoga classes. "Follow the exploits of a modern day, aspiring 'bhakta' (devotee) as he travels the globe and navigates the intersections of past, present and future....." <http://jaiuttal.com/>



Krishna Das What Bruce Springsteen is to Modern Rock, Krishna Das is to the kirtan (group chant) scene. His CDs are good to play in class but attend one of his live shows and watch yogis jump and twirl around in delirium to his music. <http://www.krishnadas.com>

Skinny Bitch If you need someone to whop your butt and terrify you to stop eating Ben and Jerry's and start eating organic bananas then join Rory Freedman and Kim Barnouin. They started a movement when they wrote their best-selling manifesto, Skinny Bitch. Both a wake-up call and a kick in the ass, Skinny Bitch exposed the horrors of the food industry while inspiring people to eat well and enjoy food. <http://www.skinnybitch.net/>



Omega Institute for Holistic Studies Omega is a very special place for me...I met my (now) husband there on Memorial Day weekend three years ago. The Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. Omega offers educational experiences that inspire an integrated approach to personal, spiritual and social change. Located on 195 acres in the beautiful Hudson Valley a few hours from New York City. <http://eomega.org/>

Source School of Tantra Yoga Contrary to what some of you may think, Tantra is not actually a code word for a happy-ending massage. "Source School of Tantra Yoga's unique educational system, founded in 1978, is the renown achievement of Charles Muir, the Pioneer of the Modern Tantra Movement in the United States. Through his seminars, books, articles, products, and personal television and radio appearances, he has introduced millions to the awakening, and ecstatically-pleasurable power of Tantric love." You will find training materials and great finds in the Tantra store as well as free downloads if you subscribe to their list. <http://www.sourcetantra.com/>

Crescent Moon Yoga products, articles about yoga and pilates. "Crescent Moon, a company founded on the belief that functionality does not have to come at the expense of style. Crescent Moon was established to promote and enhance the Yoga and Pilates lifestyle to an ever increasing audience by designing products that are innovative, functional and stylish." <http://www.crescentmoonyoga.com/>

Yoga Vidya Yoga Vidya is a non-profit organization and one of Europe's biggest Yoga institutions with more than 300 seminars: weekends, retreats, intensive weeks, Teachers Training Courses. Lots of information on Yoga, Meditation, FAQ, articles, books, Yoga Asana Charts, seminar programmes, list of Yoga Teachers, etc. It's in German and English...ya wohl, meine Damen und Herren! <http://www.yoga-vidya.de/>

Linda's Yoga Journey "Cathartic musings and occasional rants about my travels to India and the modern American yoga scene" <http://lindasyoga.blogspot.com/>

Lululemon Athletica How can you not love their clothes (even if you can't afford them)? My ambition in life is to be able to buy all my yoga apparel here instead of the sale bin at Ross and Target (a girl's gotta have goals). When you go into a store did you ever notice how peppy and friendly the staff is? Little known fact, but usually the stores offer free yoga classes once a week. <http://www.lululemon.com>

iHanuman Listings of teachers and yoga podcasts. "iHanuman is a community of teachers FOR teachers and their students. iHanuman is the digital monkey bridge between students, teachers and the ancient wisdom of yoga. We offer a popular Yoga Podcast and a Yoga Download Store." <http://www.ihanuman.com>





Bush Yoga Just for fun, not great content and not recommended for Republicans. http://www.bushyoga.com/virabhadrasana_ii.htm

Teach Yoga A no-frills job site search for yoga teachers – not many listings though. Great way to research what yoga teachers are getting paid. <http://www.teachyoga.us>

Mudra Moments “Two urban yoga teachers who share how yoga is more than just stretching on the mat...” <http://mudramoments.wordpress.com/>

Vegan Burnout Quirky site about vegan food and vegan lifestyle. <http://veganburnout.blogspot.com/>

Yoga Learning Center Featuring streaming yoga video and audio exercise material from experienced teachers in the yoga community, members of the Yoga Learning Center can practice anytime. An online yoga library features a wide range of styles and experience levels. <http://www.yogalearningcenter.com/>

Is Yoga Legal? “This sites explores what lawyers, and anyone else living a modern, stressful life, can learn from yoga, on and off the mat. From stress, to asana, to breath, and everything in between, this site explores yoga in our daily lives.” <http://isyogalegal.blogspot.com/>

Shiny Yoga “Shiny Yoga is all about stretching, jumping, twisting, balancing, headstanding, meditating, breathing, smiling and shining brightly from the inside out.” <http://shinyyoga.blogspot.com/>

Nursing Degree Guide to Yoga Not a mind-body-spirit site but this page has an outstanding list of yoga resources and an awesome list of Yoga Blogs <http://www.nursingdegree.net/blog/23/the-ultimate-guide-to-yoga-100-blogs-tutorials-and-resources/>

Yoga Peeps Interviews with people sharing everything from downward dog to enlightenment. You don't have to do yoga to listen. But, you may afterwards. <http://www.yogapeeps.com/>

B K S Iyengar Yogacharya B.K.S.Iyengar is a living legend to yogaphiles. His style of teaching yoga is called “Iyengar Yoga” and is now being followed by certified teachers across the world. I think his very thick and pricey book is probably the book I reference the most. My favorite section is the “Yoga for Ailments” and it shows sequences of poses for all kinds of things such as asthma, obesity, acne, diabetes etc. The sequence I practice the most from this book is the “Yoga for PMS” one (have I shared too much?) <http://www.bksiyengar.com/>

American Yoga Association The site looks a bit out-out-date but the content is quite relevant to those learning about what yoga is, how to choose a teacher and the more esoteric kinds of yoga out there. <http://www.americanyogaassociation.org>

Yoga Movement Has directories of studios, styles of yoga and yoga events. <http://www.yogamovement.com/>



[Yoga Basics](http://www.yogabasics.com/) Great for yoga newbies and yoga virgins. <http://www.yogabasics.com/>

[Yoga Today](http://blog.yogatoday.com/) Beautifully shot videos with simple instruction – you can search over 200 yoga classes. <http://blog.yogatoday.com/>

[Do Restorative Yoga](http://dorestorativeyoga.blogspot.com/) I don't know why more studios don't teach restorative yoga...the dessert of yoga. I would teach this myself if it didn't require so many props (you need 2-4 blankets, 1 bolster, one chair, 2 blocks, 1 strap, and eye pillow per student to effectively teach an entire class with a variety of poses) Do Restorative Yoga is dedicated to creating, collecting, and sharing knowledge of Restorative Yoga, Deep Relaxation, Yoga Nidra, Meditation, Yin Yoga, and other therapeutic styles of yoga. Images, videos and descriptive text make this site accessible and interesting. <http://doestorativeyoga.blogspot.com/>

[The Accidental Yogist](http://blog.accidentalyogist.com/) Kind of no-frills but she posts a lot of inspired events in the LA area. <http://blog.accidentalyogist.com/>

[Yoga Download](http://www.yogadownload.com/) “Yoga Download empowers you to practice yoga your way, on your time, wherever you see fit.” <http://www.yogadownload.com/>

[Big Beautiful Wellness](http://bigbeautifulwellness.com/wordpress/) An outstanding resource for every woman looking for help with body positive image. <http://bigbeautifulwellness.com/wordpress/>

[Life Balance Institute](http://www.lifebalanceinstitute.com/) “Helping individuals live a values-based spiritual life in alignment with Buddhist principles.” <http://www.lifebalanceinstitute.com/>

[Spirit Voyage](http://www.spiritvoyage.com/) Great spiritual music and they often have free downloads. <http://www.spiritvoyage.com/>

[Soulseeds](http://www.soulseeds.com/) “Soulseeds offers affirmations, resources and community to all people, of all faiths and no faith, to nurture spiritual growth and global healing. Soulseeds is a place for you to grow your spirit. Just one thought can lead you toward a more loving and peaceful life. It can also seed the change of love in the world.” A good twitter account to follow. <http://www.soulseeds.com/>

[NY Wellness Guide](http://www.NYWellnessGuide.com) “A mind-body-spirit portal for New York area where people can post events and wellness specials and also local listings.” <http://www.NYWellnessGuide.com>

[Holistic Commons](http://holisticcommons.com) “Holistic Commons is an integrated hub where the powerful tools pioneered by Facebook, Twitter, LinkedIn, [Groupon](http://groupon.com) and Meetup combine synergistically in one place to support members connecting and inspiring one another with lively conversations and shared passion for healthier, holistic, sustainable lifestyles.” This site is just launching but I love the vision it has. <http://holisticcommons.com>

[Drop & Give Me Yoga!](http://dropandgivemeyoga.com/home/) “Exploring life on and off the mat, and experiencing the connections that make them one. Drop & Give Me Yoga! represents the duality most of us experience; the two-sided coin of life.” <http://dropandgivemeyoga.com/home/>



The Art of Living Foundation Is the fastest growing volunteer based organization in the world that focuses on teaching effective principles for mind-body-spirit union. There are also links to guided meditations, videos that can be freely downloaded directly or via YouTube, as well as Facebook. <http://www.artofliving.org/za-en>

Mind Body Solutions Matthew is dedicated to transforming trauma, loss and disability into hope and potential by awakening the connection between mind and body. Great holistic resource for the disabled or those that want to work with the disabled. <http://www.mindbodysolutions.org/content/matthew-sanford>



The 3 Keys of Life “The 3 Keys Of Life is a place to share and inspire Spirit, expand Mind and explore Body. We love to chat about the world we live in, and create a deeper connection. Let’s change the way we think, feel and act and change our World!”

www.the3keysoflife.com

Institute for Applied Meditation “IAM is dedicated to furthering personal and global harmony through the method of Heart Rhythm Meditation. Founded in 1988 by Puran and Susanna Bair, IAM is a non-profit spiritual school that offers seminars, retreats and mentoring. Heart Rhythm Meditation for integrating physical, emotional and spiritual life to consciously create love, harmony and beauty.” <http://www.appliedmeditation.org>

Healthy Heart Meditation “ Learning how to meditate and breathe is one of the best things you can do for your heart. Being heart-centered is a way of living. “ <http://www.healthy-heart-meditation.com/>

One Heart Healing Center Sandy Rakowitz, although not a massage therapist, is a well rounded therapist. Her site has tons on information and free webinars. She treats humans, as well as animals. <http://www.onehearthealingcenter.com/>

Body and Mind “Body and Mind promotes people who offer a variety of complementary therapies and products from aromatherapy to Zen Meditation. Our aim is to help people to maintain a complete state of wellness through the integration of health, lifestyle and beauty.” <http://bodyandmind.co.za/>

Synergy by Jasmine You made it this far? Here is my website....again, this list is not objective.....I did a lot of research and polling of the community and I can add this. Besides just plugging our classes our blog has articles on yoga, holistic health, youtube videos and we welcome guest bloggers from the holistic community. email press at synergybyjasmine dot com for guest blog guidelines. <http://www.synergybyjasmine.com/>

The Yoga Resource Center They explain some of the sanskrit terms and also have a great yoga for men section which lists yoga poses for male pattern baldness. <http://www.a2zyoga.com/>

YogaGlo This Santa Monica, Calif.-based studio streams yoga classes onto your home computer for \$18 a month. Members get access to dozens of new classes that are streamed onto your computer through a camera set up in the yoga studio. Classes are posted online regularly and feature several yoga styles, including Vinyasa Flow, Anusara, prenatal yoga, and Hatha at varying skill levels. The sound quality and video are respectable quality. <http://www.yogaglo.com/blog/>



Yoga Web Offers information about yoga, the benefits of yoga, types of yoga, yoga photos and videos and is a great resource for beginners. <http://www.yogaweb.com/yoga/poses/>

About Jasmine

Jasmine aims to give more vitality, flexibility and play to you through interactive, gentle and joyful classes, romantic retreats, weekend retreats, in the Philadelphia area.

Jasmine offers beginner and introduction classes that connect you to a place of deep peace that leaves you feeling refreshed and renewed at wallet-friendly prices. She offers partner yoga, couples yoga classes, yoga meditation, prenatal yoga, gentle yoga for the stiff and inflexible and beginner yoga. People that are interested in Yoga Retreats, Yoga and Meditation Classes, Thai Massage, Massage for Couples, romantic retreats, Romantic places in Philadelphia, creative date ideas or just people just looking for meaningful, and soulful ways to connect will benefit.

Jasmine also reviews [romance products](#) and websites that help you recreate that blissful google-eyed connected feeling like when you first fell in love as well as [yoga and spiritual products](#) that help you to access deep inner wisdom inside of yourself. [She blogs about romance and yoga on her blog](#)

