



Subscriber Video List

Note that this is meant as a general guide only and is subject to change without notice.

Livestream Recordings

- Livestream Recordings will change as new ones are added and older ones are eventually removed.
- Currently there are 16 classes in this section
- Formats currently include Hatha (5), Yin (4), Restorative (1) and Flow (6)
- This section will be constantly changing- the total number of videos, the formats and the number of each format are fluid

Bender Ball Yoga

- 30 minute Bender Ball Yoga – Yoga in 30
- Bender Ball Sampler – 39 minute class from YouTube
- Bender Ball Yoga Volume 1
- Bender Ball Yoga Volume 2
- Bender Ball Yoga Volume 3
- Bender Ball Yoga Volume 4
- Bender Ball Yoga Livestream Recording, December 2023
- Bender Ball Yoga Livestream Recording 2023
- Bender Ball Yoga Livestream Recording, September 29, 2023

30-Minute Classes

- Hatha Yoga in 30 – YouTube
- Uplifting Hatha Yoga – Yoga in 30
- Yin Yoga - Yoga in 30
- Hatha-Core Yoga – Yoga in 30
- Yin/Yang Yoga in 30 – YouTube
- Hatha Yoga for Balance – YouTube
- Hatha Hips Express – YouTube
- Yoga for Neck and Shoulders – YouTube
- Yin Yoga, Krista's Home Sequence 2 – YouTube
- Restorative Yoga – Yoga in 30

- Hatha Yoga with a Strap – Yoga in 30

YouTube Collection

- Rise and Shine Morning Yoga
- Uplifting Hatha Yoga 2
- Hatha Yoga with a Strap
- Opening the Vault 8 – Hatha Yoga
- Hatha Yoga with Pranayama Mudras
- Hatha Yoga with a Nice, Long Savasana
- Hatha Yoga with Progressions
- Hatha Yoga with a Shoulder Focus
- Yoga for Strength
- Hatha Yoga Core
- Hatha Yoga with Camel Pose
- Hatha Yoga with Head-Clearing Breath
- Hatha Yoga with Half Lotus
- Hatha Yoga with a Block
- Hatha Yoga with a Block 2
- Head to Toe Hatha Yoga
- Hatha Yoga with Tortoise Pose
- Opening the Vault 13 – Hatha Yoga
- Hatha Yoga for Joint Mobility
- Hatha Hips with Krista and Yuna the Cat
- Energizing Hatha Yoga 2
- Yoga Flow Express
- Opening the Vault 10 – Yoga Flow
- Opening the Vault 11 – Vinyasa Flow
- Opening the Vault 7 – Vinyasa Flow
- Opening the Vault 9 – Yoga Flow
- Slow Yoga Flow
- Hatha Flow with Monument Pose
- Hatha Yoga Flow with Krista and Yuna the Cat
- Yoga Flow
- Yin/Yang for the Upper Body
- Opening the Vault 2 – Yin/Yang Yoga
- Yin/Yang Yoga 4
- Yin/Yang Yoga 5
- Yin/Yang Yoga with Deer Pose
- Yin/Yang Yoga 2
- Yin Yoga at the Wall
- Yin Yoga – Krista’s Home Sequence
- Yin Yoga

- Yin Yoga with the Dragon Series
- Opening the Vault 6 – Yin Yoga
- Opening the Vault 11 – Yin Yoga
- Yin Yoga for the Whole Body
- Chair Yoga
- Chair Yoga 2