



Student Life - Yoga at home

The current situation is forcing us all to spend a lot of time at home. To help you guys to stay healthy and happy, we composed this list of awesome yoga video's that you can do at home! Whether you have never done yoga in your life before, or whether you are a yoga pro already, these video's are suitable for everyone. In the words of Adriene Mishler: *'Hop into something comfy and let's get started!'*



Did you know that our very own Codarts yoga teacher Martina Orlandi shares yoga practices on Instagram? Follow her on: [@martiorlaa](https://www.instagram.com/martiorlaa)



- First time yoga? [Yoga For Beginners - The Basics - Yoga With Adriene](#)
- Yoga to wake up: [Yoga Morning Fresh - Yoga With Adriene](#)
- Yoga for creative energy: [Awaken The Artist Within - Yoga With Adriene](#)
- Yoga for breath and body awareness : [Yoga For Musicians - Yoga With Adriene](#)
- Fire and grace for the whole body: [Yoga For Dancers - Yoga With Adriene](#)



- Work those abs! [Total Body Yoga - Deep Core - Yoga With Adriene](#)
- Time to stretch: [Total Body Yoga - Deep Stretch | Yoga With Adriene](#)
- Bored? [Yoga For A Dull Moment | Yoga With Adriene](#)
- Yoga to feel connected, strong & loved: [Self Love Yoga | Full Class | Yoga With Adriene](#)
- Feeling stressed? [Stress Melt Yoga Break - Yoga With Adriene](#)
- Sleep and relaxation practice: [Yoga For Bedtime - Yoga With Adriene](#)

Share your experience!

Did you find these video's helpful? Share them with a classmate! You can also share your yoga experience on the Codarts social channels, using [#CodartsYoga](#)

