

yodesk

Your Yoga Your Desk



After a short **self-assessment**, you'll receive your **personal playlist** of videos that targets specific areas relevant to you.

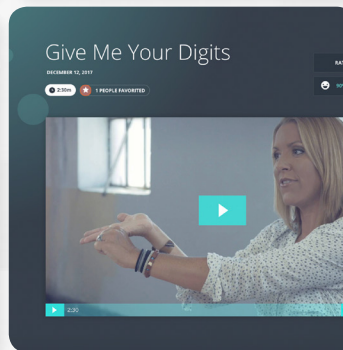
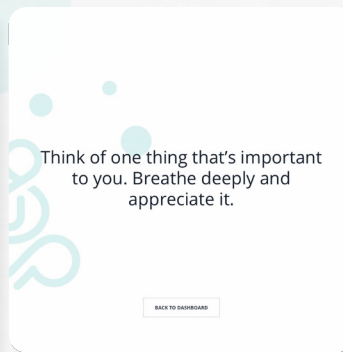
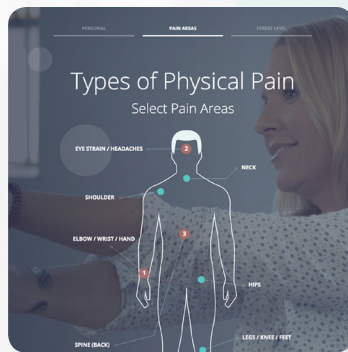


Studies show yoga decreases pain and stress, and improves focus and productivity.



Receive desktop **notifications** throughout your workday.

GET TWO FREE WEEKS OF YODESK NOW



Hey, It's Yodesk!

It's time to treat yourself to one of the videos from your Daily Yodesk Playlist.



Mini-Yini

Written posture, breath or mindfulness reminders; **brief** and **effective**.



3 minute videos relevant to you!

Our revolutionary program provides **personalized, office appropriate** yoga routines and delivers them right at the desk.

WHO KNEW YOGA COULD BE SO QUICK AND EASY?!

1

Stop chronic pain and stress.

Sign up for your free trial today!

2

Go to getyodesk.com

Fill out your brief self-assessment to get your personalized yoga playlist.

3

Start feeling better.

You'll receive notifications when it's time for Yodesk. Each video is only 3 minutes!