**Best Yoga Apps For You**

**While yoga mats are not the obvious place for smart phones, there are a new breed of mobile apps designed to improve any yoga practice and bring out our inner yogis.**

Finding the best yoga app can be a tedious task of trial and error – we all want something different from our practice after all.  One thing we would probably all agree on, is that the toughest part of yoga is just getting the practice in.  This is where the digitally minded yogi in us can really benefit from having an app or two downloaded -giving us no excuse to get a stretch on wherever we are.

This list of 10 yoga apps offers all sorts of benefits to different types of yogis.  We’ve picked only the best for beginners and casual practitioners and you will find something to take your practice to the next level. From apps that let us learn new poses, to instruction, breathing advice and deeper rest, you will find something for you here.

| **Resource** | **Rating** | **Price** | **Best for?** |
| --- | --- | --- | --- |
| [Yoga.com Studio: 300 Poses & Video Classes - Plus Sports](https://itunes.apple.com/us/app/yoga.com-studio-300-poses/id653453499?mt=8&uo=4&at=11luvM" \t "itunes_store) | 4.8 | $$ | Video work outs & community |
| [Yoga Studio - Modern Lotus](https://itunes.apple.com/us/app/yoga-studio/id567767430?mt=8&uo=4&at=11luvM" \t "itunes_store) | 4.7 | $$ | Pretending you're in a class |
| [Yoga Mudras - Vadik Living](https://itunes.apple.com/us/app/yoga-mudras/id423346643?mt=8&uo=4&at=11luvM" \t "itunes_store) | 4.5 | $$ | Just hands |
| [Pocket Yoga - Rainfrog, LLC](https://itunes.apple.com/us/app/pocket-yoga/id347400507?mt=8&uo=4&at=11luvM" \t "itunes_store) | 4.6 | $$ | Flow yoga |
| [Daily Yoga - Lose Weight, Get Relief - DailyYoga.com](https://itunes.apple.com/us/app/daily-yoga-lose-weight-get/id545849922?mt=8&uo=4&at=11luvM" \t "itunes_store) | 4.7 | Free to download, in app purchases from $9.99 | Working specific body parts |
| [Authentic Yoga with Deepak Chopra and Tara Stiles - Signal Patterns](https://itunes.apple.com/us/app/authentic-yoga-deepak-chopra/id356907242?mt=8&uo=4&at=11luvM" \t "itunes_store) | 4.6 | $ | Learning/education |
| [Super Stretch Yoga HD - The Adventures of Super Stretch, LLC](https://itunes.apple.com/us/app/super-stretch-yoga-hd/id456108738?mt=8&uo=4&at=11luvM" \t "itunes_store) | 4.6 | Free | Fun for kids |
| [Pregnancy Health Yoga - Andrew Smith](https://itunes.apple.com/us/app/pregnancy-health-yoga/id375603490?mt=8&uo=4&at=11luvM" \t "itunes_store) | 4.5 | $$$ | Safe prenatal yoga |
| [Beautiful Belly Prenatal Yoga - DailyBurn](https://itunes.apple.com/us/app/beautiful-belly-prenatal-yoga/id706033191?mt=8&uo=4" \t "itunes_store) | 4.6 | Free to download, in app purchases from $4.99 | Relaxing prenatal yoga |
| [Airplane Yoga - Michael Huffman](https://itunes.apple.com/us/app/airplane-yoga/id469614252?mt=8&uo=4&at=11luvM" \t "itunes_store) | 4.6 | $ | A 'zen-like' travel companion |

\*\*credit for this article goes to [www.myyoga101.com\*\*](http://www.myyoga101.com**)

***Do you have a question about health, fitness or nutrition? Send it to Ask Laura, at*** [futurist@shockertrackclub.com](mailto:futurist@shockertrackclub.com)

***Laura Markuly, MSE, ACSM HFS, NASM CES/PES/GFS, is the owner of Bodyology Sports Performance, LLC. She also serves as the Futurist and Volunteers Chair for Shocker Track Club.***