

YOCALM™
MIND | BODY | BREATH
MINDFULNESS FOR THE MODERN WORLD

Yoga, Meditation, Guided Breathing and Nature videos with step-by-step courses to help improve the wellness of every participant

PROGRAM SCHEDULE

TITLE	RUN TIME (MINS)
Module 1-Yoga	
Seated Yoga	15
Seated Yoga Level 2	11
Yoga for the Bigger Body	43
Yoga in Your Own Zone (wheelchair and less able users)	51
Yoga Divine	69
Yoga Om the Ball (Swiss ball yoga)	38
Yoga Imagine This	56
Yoga for Sport	46
Yoga, A Live Class	107
Yoga, Live Pranayama Relaxation	22
Sun Salutation (Surya Namaskar)	4
Module 2- Breathing	
Abdominal Breathing	5
Breath Awareness	7
Alternate Nostril Breathing	7
Ocean Breathing	6
How to breathe for Yoga	3
Module 3- Relaxation	
Yoga Spirit Relaxation (Savasana) – Anywhere	18
Yoga Spirit Relaxation (Savasana) – Lying	20
Relaxation and Stress Relief – Anywhere	19
Relaxation and Stress Relief – Lying	20
Switching off the Conscious Mind	2
Module 4- Therapy & Energy	
Introduction to the Chakras	4
Chakra Energy Meditation	18
A Sound and Restful Sleep	14
Breaking Any Habit	21
Dealing with Dementia	24
Module 5- Meditation & Visualisation	
5 minute Guided Meditation	14
10 minute Guided Meditation	19
Guided Visualization escape to the beach	10
Module 6- Ventana Nature Channel	
Calm	181
Relax	157
Engage	251
Upbeat	200



Module 7- Spirit Window Channel

Buddhist Prayers & Inspirations	60
Islam Prayers & Inspirations	372
Catholic Prayers & Inspirations	48
Jewish Prayers & Inspirations	75
Christian Prayers & Inspirations	48
General Prayers & Inspirations	72

Module 8- Music

Hindu Raga Music, Tabla, Sitar	30
Music for Mindfulness, Meditation and Other Joys	90
Ambient Nature Soundscapes	240

Please contact us for any bespoke requirements.
Team Yocalm



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