



FRESH YOGA WITH KATY MISSON

Katy is a physiotherapist and a posturologist. Her knowledge of neurophysiology and bio-mechanics allows her to develop an unique style combining her medical background with the expression of yoga.



IN-FLIGHT MEDITATION

This program can assure your travel is stress-free! You deserve to make this trip exciting, fun-filled, and relaxing! There is a new progressive way to unlock its incredible benefits with ease.



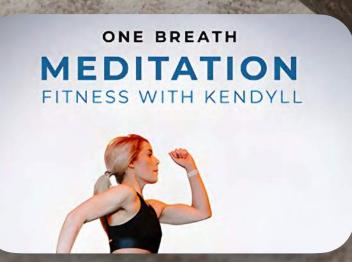
FOOD PATRIOTS

Filmmakers Jeff and Jennifer Spitz take a closer look at what is in their food and what anyone can do to make healthier choices in their own homes, schools and communities.



YOGA FOR SURFING

Yogi Josh Pomer brings you a modern flow yoga class designed to help surfers.



FITNESS WITH KENDYLL

Join Kendyll as she takes you through a fresh approach 5-level progressive workout program! Fitness with Kendyll is designed for all fitness levels to enjoy.



ADVERSITY AND THE ART OF HAPPINESS

This mini-series features 15 ordinary people who have faced adversity and the lessons they have learned. Listen to their fascinating stories and find out how their trials and tribulations made them stronger and even happier.





