

Yoga On-Demand. Anytime. Anywhere.

Move, breathe, grow—on your time.

We're excited to introduce our Yoga On-Demand Library Subscription, now with a 30-day free trial! Whether your schedule keeps you from joining live classes or you simply want the flexibility to practice at home, our virtual library offers a convenient way to stay connected to your yoga practice.

With over 350 videos organized into easy-to-browse collections and new content added regularly, there's something for everyone—from beginners to seasoned practitioners.

What's Included:

- Yoga classes for various levels
- Guided meditations
- Breathing (pranayama) practices
- Chair yoga
- Stretching and fitness
- Tutorials on foundational poses
- Short n' Sweet 25-minute classes
- Wisdom nuggets
- 10–30-minute mini sessions

Videos are arranged by date within each collection, with the most recent appearing first.

How to Get Started:

1. Sign up for the subscription to begin your 30-day free trial. Your credit card won't be charged until day 30, and you can cancel anytime.
2. Once you've signed up, log into your Punchpass account. You'll see a new tab labeled "Virtual Library"—this is where all your on-demand videos live.
3. Bookmark the library page for quick access, and start practicing whenever it works for you.

[!\[\]\(faf942dc3e59ce8eb64b4ac481eca7e0_img.jpg\) Watch this short video tutorial on how to access the library](#)

If you have any questions, we're here to help and support your journey.
We can't wait for you to explore and enjoy your personal yoga library!

With gratitude,

The Shree Teaching Team