

Welcome to My Yoga Network: Your #1 Destination for Yoga Therapy Solutions!

From individuals to organizations, we offer expert care and transformative experiences in hospitality yoga and corporate wellness programs tailored just for you.

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Our Partners



Kevin Pho, MD

What to consider when recommending yoga to...

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What to consider when

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MY 20-YEAR YOGA JOURNEY / 04:32

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NEW THIS MORNING YOGA THERAPY BAR CLEMSON

What is Yoga Therapy? How does Yoga Therapy help patients? / 02:10

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Why is My Yoga Network the right place for you



Classes start whenever you decide

Start your yoga journey on your own schedule, whether it's early in the morning or late at night. Your practice, your time.



Try new classes and styles

Explore the richness of yoga with our diverse range of classes and styles. There's something for everyone to discover and enjoy.



Choose your favorite yoga teachers

Find a perfect match among our expert yoga therapists. Our talented team is here to support and guide you through your wellness journey.



Pay Per Class

Our pay-per-class option allows you to attend as many or as few sessions as you like, with no long-term commitments.

Testimonials

The quality of the classes and serene atmosphere even in their online classes is second to none. Highly recommend!

- Rick Brown

Sara and Emily are wonderful, they put a lot of emphasis into the uniqueness of each individual and work to meet their needs.

- Adam Luriah

Yoga therapy has been a lifesaver for me both in my physical recovery and mental health.

- Karen Williams

Start The Journey of Healing & Self Discovery

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