

Happy Friday, dear Yogi!

For the last year I have been working on transforming United Yoga into a new concept for a school and website, with educational online content:

The World Yoga Institute

[www.worldyogainstitute.com](http://www.worldyogainstitute.com)

I hope the courses and content support you on your yogic journey!

You can find:

- Free sequences
- Membership sequences
- Free instructional videos
- Membership videos
- Educational courses
- Suggested reading

I look forward to adding to this platform, and offering a place where yogic research can be shared.

This is the first version of this website, and I am working to make it an information hub for the modern yoga practitioners.

As we build over the next few years, we look forward to offering a forum, a certification database, extensive online courses, and the sequencing work of our graduates.

Feedback as to what content or information you would like is very much appreciated.

Have a lovely day,

Rae

