

FOR IMMEDIATE RELEASE

**DESK YOGI INTRODUCES NEW SERIES FOR AIRPLANE TRAVEL
SKY YOGI**



<https://members.desk-yogi.com/sky-yogi-series/>

Ojai, CA (June 27, 2016) – Desk Yogi, the on-line wellness company, introduces a new series called SKY YOGI to support the business traveler with short videos of meditation, yoga, fitness and stress reduction that can be done in your seat. The guided videos are shot on an airplane so your coach shows you exactly what to do while flying.

Sky Yogi offers twenty-eight video sessions that are the perfect travel companion to help stave off flight anxieties, jet lag, numb-butt, or restlessness so you can relax and breathe easy arriving at your destination feeling good.

You can download these videos individually to watch offline on short, long flights and while you are away from the office. Titles include CORE IN THE SKY, RED EYE WAKE-UP, UPPER BACK and SHOULDER STRETCH and STRENGTH IN THE SKY.

ABOUT DESK YOGI

Desk Yogi was founded in 2015 to deliver expert fitness, yoga, stress reduction, mindfulness, and nutrition videos specifically designed for people who sit or stand at a desk for the majority of their day. The company's mission is to help employees become healthier and more productive with unique, non-disruptive streaming videos that improve overall personal and corporate health, productivity, and energy in as little as 3 minutes.

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