

YouTube yoga classes

Yoga with Adriene is really good for beginners:

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Yoga for teens:

<https://www.youtube.com/watch?v=7kgZnJqzNaU&t=59s>

10 minute yoga:

https://www.youtube.com/watch?v=g_tea8ZNk5A

Neck, shoulders and upper back (might be good for releasing 'sitting at a computer all day tension'):

<https://www.youtube.com/watch?v=4vTJHUDB5ak>

Rainbow yoga:

<https://www.youtube.com/watch?v=dF7O6-QabIo>