

## YOGA365 is Now Available on ROKU

FOR IMMEDIATE RELEASE

**POTOMAC, MD | JANUARY 2024 |** In an ongoing effort to give YOGA365 students new easy ways to practice at their convenience, YOGA365 has created a Roku application available for download to Roku devices in countries across the globe.

Roku's growing popularity has reached almost 72 million active users globally, an increase of 20 million in only two years' time. The expansion is largely due to Roku's accessibility, affordable devices, and support of a large range of international tv channels and streaming apps.

Viewers can now practice YOGA365 from Roku Smart TVs, Apple TV, Android and iOS mobile devices in the USA and Canada as well as the UK, Argentina, Brazil, Chile, Columbia, Costa Rica, El Salvador, France, Guatemala, Honduras, Ireland, Mexico, Nicaragua, Panama, and Peru.

To begin streaming from a Roku device, follow these 4 easy steps: ·

- Click on the Roku applications icon.
- Type YOGA365 into the search engine.
- Add the YOGA365 application to home screen.
- Launch YOGA365 and practice over 365 days of yoga and meditation practices from the comfort of your home.

**ABOUT YOGA365 |** Short and simple lessons can often be more effective for our bodies and minds. The [YOGA365](#) app offers micro-practices with long-form learning paths focused on endurance postures, stress reduction sequences, breathing exercises, meditations, the Ashtanga Yoga Primary Series, Eddie's Journal and Inspirational Quotes. The globally available app offers over 365 days of practices with 11 diverse learning paths designed for yogis of all levels.

Media Inquiries: Taylor Zentz | [taylor@martinedubin.com](mailto:taylor@martinedubin.com)