**Yoga Resources:**

Swimming Specific Yoga – Multi-Part Series:

* Fundamentals
* Mobility
* Strength
* Recovery

<http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html>

The Race Club:

* Core - <https://www.youtube.com/watch?v=hqwkW2QSMV0&list=RDCMUCDic_JQLVw9JK_iJMyIna8w&index=2>
* Legs - <https://www.youtube.com/watch?v=KGGwXDqvojU>
* Shoulers - <https://www.youtube.com/watch?v=Kp61LoaB2Js>

General at-home video yoga resources:

* <https://www.youtube.com/watch?v=ohJgKA1ztNk> General 40min
* <https://www.youtube.com/watch?v=vDrwLeCntdI> General 30min
* <https://www.youtube.com/watch?v=WymRLcDo1ek> General 20min

Posture:

* The Benefits of Good Posture - <https://www.youtube.com/watch?v=OyK0oE5rwFY>