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**YogaDownload and YogaFit® Team Up to Bring World’s Largest Yoga Fitness School Straight to Your Computer**

*#1 Site for Downloadable Yoga Classes Debuts YogaFit Channel—Distributing Renowned Yoga Series to Practitioners Worldwide*

**DENVER, CO – January X, 2012** – Yoga Download, the premier online yoga studio offering downloadable audio and video classes for all styles and levels, announced today its partnership with YogaFit®--the largest yoga fitness education school in the world. Designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness, the YogaFit practice is offered globally through over 200,000 instructors, via DVD and now through downloads and streams at YogaDownload.com.

“The YogaFit series is a great addition to our extensive library of top quality yoga classes,” said Yoga Download founder, Jamie Kent. “YogaFit has been groundbreaking in making yoga accessible to any level of practitioner, a philosophy we live by at Yoga Download. We are thrilled to offer their renowned videos through download or stream to anyone, anytime, anywhere.”

“Our YogaFit DVD series has been extremely popular with practitioners who want the same practice you get in a studio, in the comfort of their home,” said YogaFit founder and CEO, Beth Shaw. “We knew it was time to take YogaFit workouts to the next level, digitally, and YogaDownload was the perfect fit. With the new YogaDownload distribution channel yoga beginners and novices alike can choose from a wide variety of power, vinyasa flow and specific need practices—at the push of a button.”

YogaFit has over 30 classes that will be sold through YogaDownload, ranging from beginner to advanced. Classes include themes such as yoga for men, back health, yoga abs, yoga core, yoga butt, yoga for cancer recovery, prenatal, yoga for kids and a variety of flow classes. Based on the ancient fitness science of hatha yoga, YogaFit blends balance, strength, flexibility and power in a fitness format that is practical, user-friendly and accessible by individuals at any level of fitness.

YogaFit classes are available on YogaDownload.com for $2.99-$11.95. For more information please visit: [www.yogadownload.com](http://www.yogadownload.com)

**About Yoga Download**

YogaDownload.com is a privately-held company based in Denver, Colorado. Founded in 2006, YDL was created to make yoga practices more accessible, convenient and affordable. Combining the modern technology of portable media with the ancient practice of yoga, YDL provides personal, quality, customizable yoga classes—anytime, anywhere. YDL offers a wide variety of yoga styles, class lengths, teachers, music and pose guides to help each user maintain the benefits of the practice, with one simple download. To learn more, visit [YogaDownload.com](http://www.yogadownload.com)

**About YogaFit**

YogaFit is the largest yoga fitness education school in the world, with over 200,000 instructors trained worldwide. Established in 1994 by visionary fitness professional, yoga teacher, entrepreneur and author Beth Shaw, YogaFit hosts Mind Body Fitness Conferences, teacher trainings and retreats worldwide. YogaFit is the exclusive yoga partner for the American Council on Exercise ( ACE), Town Sports International ( NYSC, BSC, PSC, WCS), GoodLife Fitness, Can Fit Pro, Tiger Rock Martial Arts, Parker Chiropractic College and 24 Hour Fitness as well as many spas and studios. The unique YogaFit style focuses on safety, accessibility and "yoga for everybody". Instructors and enthusiasts alike are welcome to attend Conferences and Trainings. YogaFit is a leader in Conscious Business and supports many causes and community service initiatives. www.yogafit.com

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