

For Immediate Release
Los Angeles, California November 23, 2015 Heart Alchemy Yoga

Contact: 323-931-5050



Heart Alchemy Yoga announces the public launch of a new YouTube channel, bringing together over a dozen top West Coast [Yoga](#) and Meditation teachers to bring free world class yoga and meditation videos to the world.

"We realized that quality Yoga instruction just doesn't exist in many parts of the world," said Heart Alchemy's co-founder, Michelle Goldstein. "We decided to bring the gift of Yoga by providing free yoga videos to anyone with an internet connection, anywhere in the world."

The YouTube Channel, found at <http://youtube.com/heartalchemyyoga>, will allow viewers to take a wide range of online yoga classes, [yoga workout](#) videos, learn specific yoga techniques and practice various forms of breathwork (pranayama) and meditation. After 15 months in "stealth mode", the channel now features over 125 videos, 12 teachers, a partnership with TheSpringsLA Yoga Studio and over 500,000 views from 180 countries. Heart Alchemy's teachers have diverse backgrounds, providing a wide range of styles to choose from.

Heart Alchemy Yoga is the brainchild of renowned Yoga teacher Michelle Goldstein and digital marketing pioneer Darren Kramer who have both experienced the countless benefits of a heart opening yoga practice for many years. Heart Alchemy was created from a deep calling to share this experience with others, staying dedicated to keeping it intelligent, authentic and easily accessible. Contact Heart Alchemy directly for an interview darren@heartalchemyyoga.com

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