

Media Release

## New Bitesize Livestream Yoga Classes Help Aussies Smash New Year Fitness Goals



Chances of successfully developing a daily yoga habit vastly improved with realistic goal setting, a structured approach, and a live instructor's support.

---

News Provided By

<https://integrateyoga.com/>

Dec 27 2021, 15:30 AEDT

For immediate release

---

Sydney, Australia - 27th December 2021 - [Integrate Yoga](#), a leading supplier of online yoga today announced new [10 at 7 classes](#) starting in January 2022 to help Aussies keep their New Year fitness resolutions.

The 10-minute online yoga classes are live and interactive via Zoom at 7 am Sydney time and available on-demand for members to watch anytime.

Many people fail to develop a daily yoga habit because they are unrealistic about what they can do in the short term, don't have a structured plan and don't have the support of a live instructor. (More about yoga habit formation <https://integrateyoga.com/yoga-habit/>)

Integrate Yoga's 10 at 7 solution is an achievable first step to developing a daily yoga habit. Classes are structured and science-based, so students systematically increase their fitness, strength and flexibility while learning relaxation and breathing techniques. Once students are ready to progress, they can join the 45-minute class immediately afterwards. All this from home with the support of a live instructor via Zoom.

"The yoga landscape has changed significantly through the pandemic, with more and more people enjoying the convenience and lower cost of online classes. However, to gain the maximum health benefits from yoga, a structured approach with a live instructor is key," Integrate Yoga founder Deb Croucher said.

###

### **About Integrate Yoga**

Integrate Yoga was founded in 2020 by Deb Croucher due to her attributing her considerable business success to her long-standing yoga practice and her mission to help others enjoy the

same benefits. Integrate Yoga is committed to offering excellence in yoga teaching using functional movements that support daily activity and empowering students with body awareness. Courses and classes are tailored to suit beginners and focused on helping all students find a healthier and happier version of themselves. Find out more about how Integrate Yoga is shaping the future of yoga teaching at <https://integrateyoga.com/>.

## **Media Contacts**

Deb Croucher  
0423 336 324  
[deb@integrateyoga.com](mailto:deb@integrateyoga.com)

Pete Croucher  
0404 208 975  
[pete@brilliantdigital.com.au](mailto:pete@brilliantdigital.com.au)

## Related links

<https://integrateyoga.com/>  
<https://integrateyoga.com/yoga-habit/>  
<https://integrateyoga.com/10-at-7/>