



My Yoga Online Launches Enhanced Technology on Revolutionary Yoga, Wellness, Pilates and Meditation Lesson Video Website

Vancouver, British Columbia, Canada, April 30, 2008 --(PR.com)-- Latest Version of Flash Streaming Video Technology Makes MyYogaOnline.com Available With High Quality Full Screen Video Across All Platforms and on All Browsers.

MyYogaOnline.com (www.myyogaonline.com) has re-launched its website with improved Flash Streaming Video technology. The latest version of Flash Streaming Video not only improves the picture quality of MyYogaOnline.com's video lessons, but also the speed and ease of use for PC and Mac formats. The new enhancements at MyYogaOnline.com ensure that all videos stream in full screen near DVD quality at DSL and cable accessible speeds on all web browsers, including Internet Explorer, Firefox, and Safari.

“We are very pleased to debut our website with the latest Flash streaming video technology,” MyYogaOnline.com Co-Founder Jason Jacobson stated. “By updating our streaming video platform to the latest technology, we are ensuring that our large library of yoga, Pilates, and meditation videos will be available to the greatest number of users worldwide, regardless of computer type, location, or internet speed. In order to practice yoga in front of your computer, you need to see the practice, thus the importance and necessity to stream the video full screen in the best quality possible. With the new Flash codec and updated state-of-the-art streaming server, we now make this possible. Also, with the use of a simple S-cable, you can now attach your TV to your computer and view our videos in near DVD quality in the comfort of your living space. No more need for DVD's, as MyYogaOnline.com's unprecedented video library of classes in Yoga, Pilates, Meditation and Wellness, are available anytime, anywhere, at the fraction of the cost of one DVD or studio class. At My Yoga Online, it is our mission to make our video library available to as many people around the world as possible. We have just taken another major step to meet that end.”

About My Yoga Online

My Yoga Online has been expanding the knowledge of Yoga, health and wellness since its inception in 2005. MyYogaOnline.com provides convenient, flexible and affordable Yoga, Pilates and Meditation programs taught via streaming video by world class certified teachers. For a website tour or for more information about obtaining a membership, please visit www.myyogaonline.com or contact Director of Marketing Michelle Trantina at michelle@myyogaonline.com.

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