Video Link : <https://www.youtube.com/watch?v=s4ERhJE2dw8>

VIDEO TITLE: Yoga for Seniors

DESCRIPTION:

In today's video, This is ideal for seniors and beginners.

This was a live stream yoga class for my lovely Kroc Center members, and I decided to share this one with other people who have lost access to facilities at this time

📌 TIMESTAMPS:

0:00 - Introduction

0:23 - abcded

1:45 -

Sample  
0:00 I have not paid for electricity in a year

1:15 How does solar work

4:56 Why I picked the Tesla solar tiles

7:28 Numbers/specs time!

11:06 Summer

13:01 Fall

13:59 Winter

16:25 Spring

17:17 Eight Sleep

18:39 The money question

22:35 Quirks and Features

27:11 Conclusion

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OPTIONAL

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DISCLAIMER: [If necessary, add any disclaimer about the content, especially if giving advice. For example: "The advice given in this video is based on my personal experience and should not be taken as professional advice."]

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A few things to keep in mind:

Keywords: Ensure your description contains relevant keywords that pertain to your video. This helps with YouTube search discoverability.

Links: Always include important links in your description, whether to your social media or specific products or resources mentioned in the video.

Sample Templates

#1

Video Link - <https://www.youtube.com/watch?v=NL2Vq32jyeo>

Name : 8 Simple Habits That Save Me 20+ Hours a Week

Sign up to Morning Brew for free today: https://morningbrewdaily.com/ali

Hey friends, I really believe that time management is super important, because we can always make more money, but we can never make more time. So in this video, I share 8 of my favourite habits that help me save around 20 hours a week. Enjoy x

📆 Check out the ideal week template here: https://play.aliabdaal.com/ideal-week...

📚 Check out my book Feel-Good Productivity here: https://www.feelgoodproductivity.com/...

💌 Free Weekly Productivity Insights: https://www.aliabdaal.com/sunday

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12 Productivity Myths Wasting Your Time:

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MY FAVOURITE TOOLS & GEAR

📩 Superhuman - The BEST Email Experience - https://go.aliabdaal.com/superhuman

✍️ Shortform - The BEST Summaries of Books - https://go.aliabdaal.com/shortform

📚 Readwise - How I remember What I Read - https://go.aliabdaal.com/readwise

🎵 Epidemic Sound - Where I Get My Music - https://go.aliabdaal.com/epidemicsound

⚙️ Notion - How I Manage My Team - https://go.aliabdaal.com/notion

⏰ Rize - How I Track Time and Stay Productive - https://rize.io/aliabdaal

MY OTHER SOCIALS:

🎙 My podcast Deep Dive where I interview entrepreneurs, creators and other inspiring people -

/ deepdivewithaliabdaal

🌍 My website / blog - https://www.aliabdaal.com/

🐦 Twitter - https://twitter.com/aliabdaal

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WHO AM I?

If we haven’t yet before - Hey 👋 I’m Ali, a doctor-turned-entrepreneur and I’ve somehow become the world’s most followed productivity expert. Through my videos here on this channel, my podcast Deep Dive and writing, I share evidence-based strategies and tools to help you be more productive and build a life you love.

⌚️Timestamps:

0:00 Introduction

0:29 The Calendar Habit

3:26 The Feel Good Productivity Habit

6:13 The Adventure Habit

8:37 The Focus Habit

11:04 The Rapid Action Habit

12:46 The Experimental Habit

15:24 The Alignment Habit

17:51 The Delegation Habit

PS: Some of the links in this description are affiliate links that I get a kickback from 😜

#2

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Scratch resistance Tape:- https://amzn.to/3vx3jSj

Cameras I Use for Shoot

iPhone 12:- https://amzn.to/3zva37I

GoPro :- https://amzn.to/3ozMUPs

Insta X3:- https://amzn.to/3OFpDGt

Wireless Microphone

DJI Wireless Mic:- https://amzn.to/3N1uKPU

Single Mic Setup:- https://amzn.to/3q4lKjV

Condensor Mic:- https://amzn.to/3zskpFs

Storage Solutions

SSD Hard Disk:- https://amzn.to/3U7U5s3

Full Video on Increasing iPhone Storage:-

• Increase iPhone Storage Upto 1 TB / 2...

The laptop used for Editing

Lenovo Gaming 3:- https://amzn.to/3U5nrIh

Software for Editing Videos

Davinci Resolve (Totally Free):- https://www.blackmagicdesign.com/in/p...

Pro Level Effects:- Adobe Creative Cloud

#3

<https://www.youtube.com/watch?v=-3bvlFKeLRE>

[Prenatal Yoga | 22-Minute Home Yoga Practice](https://www.youtube.com/watch?v=-3bvlFKeLRE)

Join me for a 22-minute Prenatal Yoga at home practice, suitable for all levels and trimesters. This session is a gentle but highly effective practice for all stages of pregnancy.

Tap into the breath and tune into your body with 22 minutes together - infused with strength, stability and loving support. (You got this!)

Bring a blanket, bolster, or pillow to the mat if you like!

As always, listen to your body & consult with your doctor/healthcare provider about your movement routines while pregnant.

For more videos like this, check out:

Prenatal Yoga - 5 poses for All Trimesters

Yoga for Low Back and Hamstrings

Goddess Pose

Legs up the Wall

- - - - - - - - - -

❤️ WELCOME to the Yoga With Adriene YouTube channel! Our mission is to connect as many people as possible through high-quality free yoga videos. We welcome all levels, all bodies, all genders, and all souls! SUBSCRIBE to the channel and join our global movement! ❤️

https://www.youtube.com/user/yogawith...

- - - - - - - - - -

Yoga With Adriene, LLC recommends that you consult your physician regarding the applicability of any recommendations and follow all safety instructions before beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself.