



*Yoga in Practice*  
with Stacey Millner-Collins



SEASON 4

*Promotion Kit*





# Brand & Style Guide

## Logo

There are two versions of the *Yoga in Practice* logo, a full color version and a tan reverse version to appear on darker backgrounds.

## Recreation

Do not recreate the logotype.

## Reverse Logo

When printing onto a dark background without color printing capability, a white version of the logo is approved for use.

## Distortion

Do not stretch, distort or otherwise modify the logo. This includes the implementation of decorative effects, such as emboss or drop shadow – all of which are prohibited.



## Minimum Padding

Minimum Padding around the logo is equal to 25 percent of the height of the logo.

## Minimum Sizing

Logo should never print less than 0.5" in width.

## Colors

The primary color palette for *Yoga in Practice* includes teal, dark blue, aqua, pink, purple and tan. Teal and aqua are the brand's primary colors and should be used so long as the final product passes color accessibility. CMYK colors are recommended for most print jobs. Pink is the brand's secondary color and should be used as an accent or in locations where teal and aqua are not appropriate.

| Color   | Print          |                | Digital                    |         |
|---|----------------|----------------|----------------------------|---------|
|   | CMYK           |                | RGB                        | HEX     |
|  Teal      | C: 74<br>M: 50 | Y: 36<br>K: 10 | R: 77<br>G: 109<br>B: 130  | #4d6d82 |
|  Dark Blue | C: 84<br>M: 71 | Y: 54<br>K: 60 | R: 29<br>G: 41<br>B: 53    | #1d2935 |
|  Aqua      | C: 45<br>M: 1  | Y: 22<br>K: 0  | R: 137<br>G: 206<br>B: 203 | #89cecb |
|  Pink      | C: 6<br>M: 87  | Y: 24<br>K: 0  | R: 225<br>G: 72<br>B: 126  | #e1487e |
|  Purple    | C: 62<br>M: 75 | Y: 34<br>K: 16 | R: 107<br>G: 77<br>B: 111  | #6b4d6f |
|  Tan       | C: 11<br>M: 14 | Y: 27<br>K: 0  | R: 225<br>G: 111<br>B: 185 | #e1d3b9 |

## Typography

Yoga in Practice uses the font **Scandia Bold** for headers and *Rage Italic* specialty text. Scandia Regular is used for body copy.

- When using these fonts to promote *Yoga in Practice*, do not add effects, such as gradients, emboss or drop shadow.

Header  
Subheader 1

Subheader 2

Body copy

## Imagery

These graphics serve as signature art and title treatment art for *Yoga in Practice* and should be used where appropriate.

### Signature Art



### Title Treatment Art



### Season Imagery

Below are 10 production stills selected to reflect Season 4 of *Yoga in Practice*. These have been approved for promotional use and can be found, along with image captions, episodic production stills and other promotional tools, online at [www.scetv.org/about/press-room](http://www.scetv.org/about/press-room).





### *Funding Partners*

Where appropriate, funding partners should be mentioned. *Yoga in Practice* includes one funding partner:

- ETV Endowment of South Carolina





**Stacey Millner-Collins, Host**

Stacey Millner-Collins is the founder and director of City Yoga in Columbia, SC, which she opened in 2003. She is a Registered Yoga Teacher (RYT) with Yoga Alliance, which acknowledges the completion of a yoga teacher training with an approved and active Registered Yoga School (RYS). She first came to her yoga mat in 1994 and became a certified Anusara Yoga instructor in 2006. With further in-depth and rigorous study, she embarked upon the practice and study

of philosophy, meditation, and Ayurveda. Her classes, workshops, and trainings encourage the inquisitive student to step into his/her own empowerment through a vigorous practice firmly rooted in the evocative philosophical teachings upon which yoga grew.



### **Betsy Newman, Producer**

Betsy Newman is a producer/director for South Carolina ETV. She has produced all four seasons of Yoga in Practice and has practiced yoga with Stacey Millner-Collins for over twenty years, for which she is deeply grateful.



### **Steve Folks, Director/Editor**

Steve Folks is multimedia producer in the Content Division of South Carolina ETV. He has worked at SCETV since 1978 in the areas of news and public affairs, education, music, arts, history and documentary films.





## *Series Descriptions*



### **Long Description**

Yoga in Practice with Stacey Millner-Collins is a fifty-two episode series designed for the at-home practitioner. Stacey teaches yoga with detailed alignment principles while also incorporating the more subtle practices of breath, meditation, and philosophy. The program is appropriate for all levels of students, even those yoga students with mobility issues or who wish to practice at their desk.

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### **Medium Description**

Yoga in Practice with Stacey Millner-Collins is a fifty-two episode series for at-home practitioners. Stacey incorporates detailed alignment principles while also focusing on the more subtle practices of breath, meditation and philosophy.

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### **Short Description**

Yoga in Practice is a 52 episode series led by yoga master Stacey Millner-Collins.



# *Season Descriptions*



## **Long Description**

Yoga in Practice Season 4 is a 13-part series led by master instructor Stacey Millner-Collins. The program is designed to teach the foundations of yoga to the at-home student and to encourage a daily yoga practice that is more than simply physical exercise. Each episode focuses on a universal theme, such as Courage or The Art of Slowing Down, and includes basic meditation and breathing techniques.



## **Medium Description**

Yoga in Practice Season 4 is a 13-part series led by master instructor Stacey Millner-Collins. The program teaches the foundations of yoga to the at-home student and encourages daily yoga practice that is more than simply physical exercise.



## **Short Description**

Yoga in Practice Season 4 is a 13-part series led by yoga master Stacey Millner-Collins.



## Episode Descriptions



### Episode 401: Love Yourself as You Are

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#### Long Description

According to Voltaire, "The perfect is the enemy of the good." Often we do not strive for the good life or the good body or experience but the perfect one, ruining our chances of satisfaction. The practice of yoga can open a path of self-care and awareness, help us learn to appreciate the good in ourselves and let go of striving for perfection. In this episode we embrace who we are right now.

#### Medium Description

According to Voltaire, "The perfect is the enemy of the good." The practice of yoga can open a path of self-care, help us appreciate the good in ourselves and let go of striving for perfection. In this episode we embrace who we are right now.

#### Short Description

In this episode we let go of striving for perfection and embrace who we are right now.



### Episode 402: How to Get Going

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#### Long Description

Some days we feel stuck or bored, as if we are simply muddling through life. A word to describe this feeling is languishing. To shift out of our daily ruts we need motivation. A good way to start is to reflect on what matters to you most, provides

you with a sense of well-being and grounds your energy, then go do that. This episode shows us how to challenge ourselves while practicing chair yoga.

#### Medium Description

Shifting out of our daily ruts requires motivation. Start by reflecting on what matters to you most, provides you with a sense of well-being and grounds your energy, then go do that. This episode challenges us while we practice chair yoga.

#### Short Description

Making change requires motivation. This episode challenges us while practicing chair yoga.



### Episode 403: It's Not What You Do, but How You Do It

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#### Long Description

We all have unique gifts and talents as expressed through our lifelong accomplishments. These gifts are meant to bring joy, satisfaction, and meaning into our lives and the lives of those around us. It's not about what you do in life but how you do it. It's about how much passion, love, and care you put into what you do that truly matters. Consider this as we begin a gentle yoga practice today.

#### Medium Description

We all have unique gifts and talents. It's not about what you do in life but how you do it. It's about how much passion, love, and care you put into what you do that truly matters. Consider this as we begin a gentle yoga practice today.

### Short Description

It's not about what you do in life but how you do it. Consider this in a gentle yoga practice.



## Episode 404: The Delight of Freedom

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### Long Description

How many of us have felt tightness in our neck and shoulders because we spend too much time looking down at devices or slumped over at a desk? In time, that forward action of our head and shoulders can lead to all sorts of discomfort and even injury if we do not address it. Good alignment is good therapy for injury, and when we feel more freedom in our body we are able to enjoy our life a bit more.

### Medium Description

How many of us have felt tightness in our neck and shoulders because we spend too much time looking down at devices or slumped over a desk? Good alignment is good therapy. When we feel more freedom in our body we can enjoy life a bit more.

### Short Description

Good alignment is good therapy. More freedom in our body helps us enjoy life a bit more.



## Episode 405: Seeking Balance

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### Long Description

We all get into habits, good and bad ones, like a dog that runs back and forth alongside a fence creating a groove. In Sanskrit, these patterns are called samaskaras, and they become more entrenched the longer we continue them. To cultivate better habits we have to bring awareness to what is no longer serving us and then decide to make a change. Slowing down and being aware is a place to begin.

### Medium Description

We all get into habits, good and bad ones, like a dog that runs back and forth alongside a fence. To cultivate better habits we have to become aware of what is no longer serving us and decide to make a change. Slowing down is a way to begin.

### Short Description

In today's class we will cultivate better habits by slowing down and practicing balancing.



## Episode 406: Interdependence

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### Long Description

The profound truth is that you cannot be human on your own. You are human through the relationships and connections that you make. This is the African concept of Ubuntu, whereby a person is a person through other people. We are made for interdependence. I need you in order to be me. Our class today will remember this deeper truth by moving from the periphery into the core using twists and backbends.

### Medium Description

The profound truth is that you cannot be human on your own. We are made for interdependence. I need you in order to be me. Our class today will remember this deeper truth by moving from the periphery into the core using twists and backbends.

### Short Description

Our class today will move from the periphery into the core using twists and backbends.



## Episode 407: Reset Your Emotional Circuit Breaker

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### Long Description

Our psyches were not developed to respond to

everything that is coming at us right now. Being so connected these days to the world's news is overloading our emotional circuit breakers. Take a few deep breaths and ask yourself: What is mine to do and not to do today? What is mine to say and not to say today? What is mine to care about and not to care about today? Remember that someone will always care.

### Medium Description

Our emotional circuit breakers are overloaded. Ask yourself: What is mine to do and not to do today? What is mine to say and not to say today? What is mine to care about and not to care about today? Remembering someone will always care.

### Short Description

Reset your emotional circuit breakers. Ask yourself, what is mine to do and not to do today?



## Episode 408: Savoring the Gifts

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### Long Description

To savor something is the act of stepping outside of an experience to assess and appreciate it. Savoring intensifies the positive emotions that come with doing something you love. To relish today's practice to its utmost, stay as present in the moment as possible, and feel, and even taste, the natural gratitude that arises by simply appreciating the gifts of this life you have been given.

### Medium Description

Savoring intensifies the positive emotions that come with doing things you love. To relish today's practice to its utmost, stay as present in the moment as possible and feel the gratitude that arises by appreciating this life you have been given.

### Short Description

To relish today's practice to its utmost, stay as present in the moment as possible.



## Episode 409: Refining and Evolving

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### Long Description

There is a saying, "Yoga makes the impossible possible, the possible easy, the easy elegant." Yoga, like life, is a process of refining and evolving. The small changes that we commit to each day shift our mind, our vision, our health. One of my favorite mantras is, "I like myself when I try." When you are on your mat you have ample opportunity to try the possible and to make the easy elegant.

### Medium Description

Small changes that we commit to each day shift our mind, our vision, our health. One of my favorite mantras is, "I like myself when I try." When you are on your mat you have ample opportunity to try the possible and to make the easy elegant.

### Short Description

Small changes can shift our vision and health. Say to yourself, "I like myself when I try."



## Episode 410: A Complicated Journey

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### Long Description

Being human can be a messy and complicated journey. It is our light that makes our shadows, our sorrows that give meaning to our joys, making us who we are. What if yoga as a practice of living fully is inviting us to engage the messiness of our life and not to run from it? Are we able to want the life we are currently living right now? Consider this idea as we move through our practice together.

### Medium Description

What if yoga as a practice of living fully is inviting us to engage the messiness of our life and not to run from it? Are we able to want the life we are currently living right now? Consider this idea as we move through our practice together.

### Short Description

Being human is complicated. Are we able to want the life we are currently living right now?



## Episode 411: Tend to the Roots

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### Long Description

During the recent upheavals of life I have found it comforting to engage in the nourishing activities of daily life. The basics have kept me grounded - taking walks outside, nestling into a sofa to read or watch a movie, cooking meals, playing with my grandchildren. Tending to the roots of daily life has created an inner resiliency that helps me face future uncertainties. Let's grow some roots today.

### Medium Description

During the recent upheavals of life I have found it comforting to engage in the nourishing activities of daily life. Tending to the roots has created an inner resiliency that helps me face future uncertainties. Let's grow some roots today.

### Short Description

Tending to the roots helps us face future uncertainties. Let's grow some roots today.



## Episode 412: Strengthening the Back

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### Long Description

One of the most common physical issues people deal with in modern life is lower back pain caused from too much sitting. While sitting, we often collapse our front body and shoulders, over-extending the neck and weakening our back muscles. In today's class we will work on strengthening the back muscles for better posture. When you enjoy good posture a natural self-assurance arises.

### Medium Description

One of the most common physical issues people deal with today is lower back pain caused by too much sitting. In today's class we will work on strengthening the back for better posture. When you enjoy good posture a natural self-assurance arises.

### Short Description

In today's class we will work on strengthening the back for better posture and self-assurance.



## Episode 413: Breath and Relaxation

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### Long Description

77 percent of Americans report physical symptoms related to stress and anxiety. To calm the noise in our minds we will ease into a practice that enhances the parasympathetic nervous system, aiding our sleep and digestion instead of fueling the fight or flight response. Today's class will open our ribcage so we can breathe more deeply. We'll finish with a guided relaxation called yoga nidra, or yogic sleep.

### Medium Description

77 percent of Americans report physical symptoms related to stress and anxiety. Today we will ease into a practice that opens our ribcage so we can breathe more deeply. We'll finish with a guided relaxation called yoga nidra, or yogic sleep.

### Short Description

Today we will ease into a practice that opens our ribcage so we can breathe more deeply.



# Season Imagery

Below are 10 production stills selected to reflect Season 4 of *Yoga in Practice*. These have been approved for promotional use and can be found, along with image captions, episodic production stills and other promotional tools, online at [www.sctev.org/about/press-room](http://www.sctev.org/about/press-room).





## Episode 401: Love Yourself as You Are

### IMAGE 1



**Caption**

Rachel Wilson, Stacey and Mandy Sprouse in Bow Pose

**Credit**

SCETV

### IMAGE 2



**Caption**

Mandy Sprouse in Bow Pose

**Credit**

SCETV

### IMAGE 3



**Caption**

Stacey instructing Rachel Wilson in Side Angle Pose

**Credit**

SCETV

### IMAGE 4



**Caption**

Rachel Wilson, Stacey and Mandy Sprouse in Tree Pose

**Credit**

SCETV

## IMAGE 5



**Caption**  
Rachel Wilson, Stacey and Mandy Sprouse in Warrior Two Pose

**Credit**  
SCETV

## IMAGE 6



**Caption**  
Rachel Wilson, Stacey and Mandy Sprouse in Mountain Pose

**Credit**  
SCETV

## IMAGE 7



**Caption**  
Stacey instructing Rachel Wilson and Mandy Sprouse in Forward Lunge

**Credit**  
SCETV

## IMAGE 8



**Caption**  
Rachel Wilson and Mandy Sprouse in Bow Pose

**Credit**  
SCETV

## Episode 402: How to Get Going

### IMAGE 1



#### Caption

Linda Westerberg, Stacey and Melanie Baker in Chair Yoga Balancing Pose

#### Credit

SCETV

### IMAGE 2



#### Caption

Linda Westerberg, Stacey and Melanie Baker in Chair Yoga Mountain Pose

#### Credit

SCETV

### IMAGE 3



#### Caption

Linda Westerberg, Stacey and Melanie Baker in Chair Yoga Folding Pose

#### Credit

SCETV

### IMAGE 4



#### Caption

Linda Westerberg, Stacey and Melanie Baker in Chair Yoga Lunge

#### Credit

SCETV

## IMAGE 5



### **Caption**

Linda Westerberg, Stacey and Melanie Baker in Chair Yoga Downward Dog Pose

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Stacey, Linda Westerberg, and Melanie Baker in Chair Yoga Lunge

### **Credit**

SCETV

## Episode 403: It's Not What You Do, but How You Do It

### IMAGE 1



**Caption**  
Tom Beard in Thread The Needle Pose

**Credit**  
SCETV

### IMAGE 2



**Caption**  
Tom Beard, Stacey and Anne Miller in Snowbird Pose

**Credit**  
SCETV

### IMAGE 3



**Caption**  
Anne Miller in Snowbird Pose

**Credit**  
SCETV

### IMAGE 4



**Caption**  
Tom Beard, Stacey and Anne Miller in Table Pose

**Credit**  
SCETV

## IMAGE 5



**Caption**  
Stacey assisting Anne Miller in Kneeling Lunge

**Credit**  
SCETV

## IMAGE 6



**Caption**  
Stacey assisting Tom Beard in Bridge Pose

**Credit**  
SCETV

## IMAGE 7



**Caption**  
Tom Beard, Stacey and Anne Miller in Snowbird Pose

**Credit**  
SCETV

## IMAGE 8



**Caption**  
Tom Beard, Stacey and Anne Miller in High Squat Pose

**Credit**  
SCETV

## Episode 404: The Delight of Freedom

### IMAGE 1



#### **Caption**

Meeta Banerjee, Stacey and Joel Mathwig in Seated Yoga Pose

#### **Credit**

SCETV

### IMAGE 2



#### **Caption**

Meeta Banerjee, Stacey and Joel Mathwig preparing for Cobra Pose With Blocks

#### **Credit**

SCETV

### IMAGE 3



#### **Caption**

Joel Mathwig preparing for Cobra Pose With Blocks

#### **Credit**

SCETV

### IMAGE 4



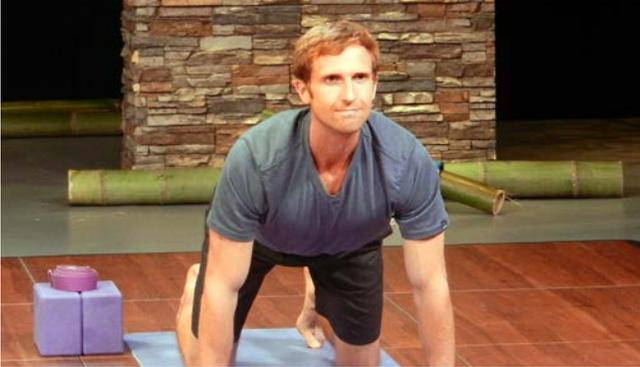
#### **Caption**

Meeta Banerjee, Stacey and Joel Mathwig doing Chest Stretch With Strap

#### **Credit**

SCETV

## IMAGE 5



**Caption**  
Joel Mathwig in Cow Pose

**Credit**  
SCETV

## IMAGE 6



**Caption**  
Meeta Banerjee and Stacey in Downward Dog Pose

**Credit**  
SCETV

## IMAGE 7



**Caption**  
Meeta Banerjee doing Chest Stretch With Strap

**Credit**  
SCETV

## IMAGE 8



**Caption**  
Stacey Millner-Collins talking to the camera as students are in Savasana Pose

**Credit**  
SCETV

## Episode 405: Seeking Balance

### IMAGE 1



#### Caption

Shannon Bobertz, Stacey and Tina Cundari in Standing Hand-To-Toe Pose

#### Credit

SCETV

### IMAGE 2



#### Caption

Tina Cundari in Standing Hand-To-Toe Pose

#### Credit

SCETV

### IMAGE 3



#### Caption

Shannon Bobertz, Stacey and Tina Cundari in Forward Lunge

#### Credit

SCETV

### IMAGE 4



#### Caption

Tina Cundari in Forward Lunge With "How Wonderful" Arms

#### Credit

SCETV

## IMAGE 5



### **Caption**

Shannon Bobertz, Stacey and Tina Cundari in Standing Hand-To-Toe Pose

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Shannon Bobertz and Stacey in Modified Warrior Three Pose

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Stacey in Seated Yoga Pose With Hands In Anjali Mudra

### **Credit**

SCETV

## IMAGE 8



### **Caption**

Shannon Bobertz, Stacey and Tina Cundari in One-Legged Dog Pose

### **Credit**

SCETV

## Episode 406: Interdependence

### IMAGE 1



#### Caption

Greg Wilsbacher and Caroline Humphries in One-Legged Dog Pose with Twist

#### Credit

SCETV

### IMAGE 2



#### Caption

Greg Wilsbacher, Stacey and Caroline Humphries in Twisted High Lunge

#### Credit

SCETV

### IMAGE 3



#### Caption

Greg Wilsbacher, Stacey and Caroline Humphries doing Toe Taps

#### Credit

SCETV

### IMAGE 4



#### Caption

Greg Wilsbacher and Stacey in Cobra Pose On Fingertips

#### Credit

SCETV

## IMAGE 5



### **Caption**

Greg Wilsbacher, Stacey and Caroline Humphries in One-Legged Dog Pose

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Caroline Humphries in Quad Stretch

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Stacey assisting Greg Wilsbacher with Locust Pose

### **Credit**

SCETV

## IMAGE 8



### **Caption**

Stacey assisting and Greg Wilsbacher and Caroline Humphries in High Lunge

### **Credit**

SCETV

## Episode 407: Reset Your Emotional Circuit Breaker

### IMAGE 1



#### Caption

Dara Brown, Stacey and Aidyn Iachini in Wild Thing pose

#### Credit

SCETV

### IMAGE 2



#### Caption

Dara Brown, Stacey and Aidyn Iachini in High Squat Pose

#### Credit

SCETV

### IMAGE 3



#### Caption

Dara Brown, Stacey and Aidyn Iachini in High Lunge with "How Wonderful" Arms

#### Credit

SCETV

### IMAGE 4



#### Caption

Dara Brown and Stacey in Pigeon Pose

#### Credit

SCETV

## IMAGE 5



**Caption**  
Aidyn Iachini in Bound Angle Pose

**Credit**  
SCETV

## IMAGE 6



**Caption**  
Dara Brown and Stacey in Seated Twist

**Credit**  
SCETV

## IMAGE 7



**Caption**  
Dara Brown in Supine Rotation

**Credit**  
SCETV

## IMAGE 8



**Caption**  
Stacey and Aidyn Iachini in modified Side Plank Pose

**Credit**  
SCETV

## Episode 408: Savoring the Gifts

### IMAGE 1



#### **Caption**

Jen Bowen, Stacey and Angela Gallo in Half-Moon Pose

#### **Credit**

SCETV

### IMAGE 2



#### **Caption**

Angela Gallo in Half-Moon Pose

#### **Credit**

SCETV

### IMAGE 3



#### **Caption**

Stacey in Seated Yoga Pose

#### **Credit**

SCETV

### IMAGE 4



#### **Caption**

Jen Bowen, Stacey and Angela Gallo in Warrior Two Pose with strap

#### **Credit**

SCETV

## IMAGE 5



**Caption**  
Angela Gallo in Half-Moon Pose

**Credit**  
SCETV

## IMAGE 6



**Caption**  
Stacey with Jen Bowen Supine Rotation

**Credit**  
SCETV

## IMAGE 7



**Caption**  
Jen Bowen, Stacey and Angela Gallo in Eagle Pose

**Credit**  
SCETV

## IMAGE 8



**Caption**  
Jen Bowen, Stacey and Angela Gallo in High Lunge

**Credit**  
SCETV

## Episode 409: Refining and Evolving

### IMAGE 1



#### **Caption**

Eric McClellan, Stacey and Lauren Elliot in supported Shoulder Stand, legs raised

#### **Credit**

SCETV

### IMAGE 2



#### **Caption**

Lauren Elliot in supported Shoulder Stand, legs raised

#### **Credit**

SCETV

### IMAGE 3



#### **Caption**

Eric McClellan, Stacey and Lauren Elliot in Mountain Pose

#### **Credit**

SCETV

### IMAGE 4



#### **Caption**

Eric McClelland and Stacey in right lunge

#### **Credit**

SCETV

## IMAGE 5



**Caption**  
Lauren Elliott in left lunge

**Credit**  
SCETV

## IMAGE 6



**Caption**  
Eric McClellan, Stacey and Lauren Elliot in Bow Pose

**Credit**  
SCETV

## IMAGE 7



**Caption**  
Eric McClellan, Stacey and Lauren Elliot in squat with extended arms

**Credit**  
SCETV

## IMAGE 8



**Caption**  
Eric McClellan and Lauren Elliot in Bow Pose

**Credit**  
SCETV

## Episode 410: A Complicated Journey

### IMAGE 1



#### **Caption**

Michelle Baker, Stacey and Robin Waites in Boat Pose

#### **Credit**

SCETV

### IMAGE 2



#### **Caption**

Michelle Baker in Seated Twist Pose

#### **Credit**

SCETV

### IMAGE 3



#### **Caption**

Stacey and Robin Waites in Three-Limbed Forward Bend Pose

#### **Credit**

SCETV

### IMAGE 4



#### **Caption**

Robin Waites in Pigeon Pose

#### **Credit**

SCETV

## IMAGE 5



**Caption**  
Michelle Baker, Stacey and Robin Waites in Mountain Pose

**Credit**  
SCETV

## IMAGE 6



**Caption**  
Stacey assisting Robin Waites in Pigeon Pose

**Credit**  
SCETV

## IMAGE 7



**Caption**  
Michelle Baker, Stacey and Robin Waites in Heron Pose

**Credit**  
SCETV

## IMAGE 8



**Caption**  
Michelle Baker, Stacey and Robin Waites in Seated Yoga Pose

**Credit**  
SCETV

## Episode 411: Tend to the Roots

### IMAGE 1



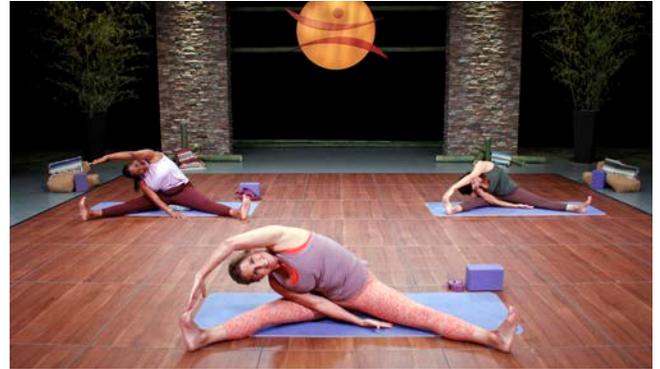
#### Caption

Jacqueline Porterfield and Daniele Crosby in Standing Twist Pose

#### Credit

SCETV

### IMAGE 2



#### Caption

Jacqueline Porterfield, Stacey and Daniele Crosby in Seated Side Bend Pose

#### Credit

SCETV

### IMAGE 3



#### Caption

Jacqueline Porterfield and Daniele Crosby in Crescent Pose

#### Credit

SCETV

### IMAGE 4



#### Caption

Jacqueline Porterfield and Stacey in Half Seated Forward Bend Pose

#### Credit

SCETV

## IMAGE 5



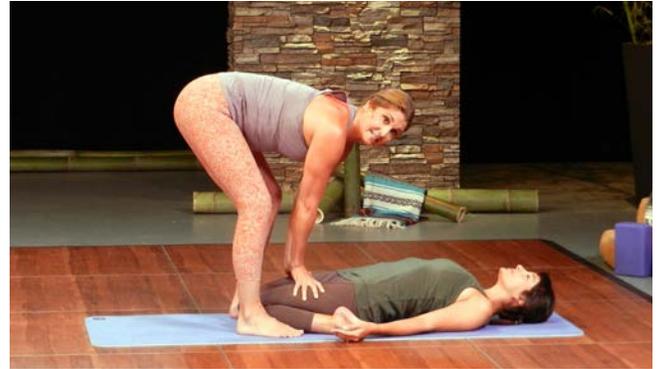
### **Caption**

Jacqueline Porterfield, Stacey and Daniele Crosby in prep for Wide-Angled Seated Forward Bend Pose

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Stacey assisting Daniele Crosby in Hero's Pose

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Jacqueline Porterfield in Seated Side Bend Pose

### **Credit**

SCETV

## IMAGE 8



### **Caption**

Daniele Crosby in prep for Wide-Angled Seated Forward Bend Pose

### **Credit**

SCETV

## Episode 412: Strengthening the Back

### IMAGE 1



#### **Caption**

Mary Wagner, Stacey and Tally Casey in High Squat Pose

#### **Credit**

SCETV

### IMAGE 2



#### **Caption**

Mary Wagner, Stacey and Tally Casey in Kneeling Thigh Stretch

#### **Credit**

SCETV

### IMAGE 3



#### **Caption**

Tally Casey in Kneeling Twist

#### **Credit**

SCETV

### IMAGE 4



#### **Caption**

Mary Wagner, Stacey and Tally Casey in Kneeling Twist

#### **Credit**

SCETV

## IMAGE 5



### **Caption**

Mary Wagner, Stacey and Tally Casey in Reclining Big Toe Pose

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Mary Wagner, Stacey and Tally Casey in Mountain Pose

### **Credit**

SCETV

## Episode 413: Breath and Relaxation

### IMAGE 1



**Caption**  
Stacey and Katie Geer in Kneeling Twist

**Credit**  
SCETV

### IMAGE 2



**Caption**  
Beverly Shelley, Stacey and Katie Geer in Gate Pose

**Credit**  
SCETV

### IMAGE 3



**Caption**  
Katie Geer in Gate Pose

**Credit**  
SCETV

### IMAGE 4



**Caption**  
Beverly Shelley and Stacey in Thread the Needle Pose

**Credit**  
SCETV

## IMAGE 5



**Caption**  
Katie Geer in Garland Pose

**Credit**  
SCETV

## IMAGE 6



**Caption**  
Beverly Shelley and Stacey in Garland Pose

**Credit**  
SCETV

## IMAGE 7



**Caption**  
Beverly Shelley and Stacey in Seated Yoga Pose

**Credit**  
SCETV



## Episode 401: Love Yourself as You Are

### IMAGE 1



**Caption**

Rachel Wilson, Stacey Millner-Collins, Mandy Sprouse

**Credit**

SCETV

### IMAGE 2



**Caption**

Joe Bowie, Jib camera operator

**Credit**

SCETV

### IMAGE 3



**Caption**

(On set) Rachel Wilson, Mandy Sprouse

**Credit**

SCETV

### IMAGE 4



**Caption**

Rachel Wilson, Stacey Millner-Collins, Mandy Sprouse

**Credit**

SCETV

## IMAGE 5



### **Caption**

(On set) Rachel Wilson, Stacey Millner-Collins, Mandy Sprouse

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Betsy Newman (Producer), Stacey Millner-Collins

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Mandy Sprouse, Rachel Wilson, Stacey Millner-Collins

### **Credit**

SCETV

## IMAGE 8



### **Caption**

Rachel Wilson, Stacey Millner-Collins, Mandy Sprouse

### **Credit**

SCETV

## Episode 402: How to Get Going

### IMAGE 1



#### Caption

Leah Greene (Makeup), Melanie Baker, Stacey Millner-Collins, Linda Westerberg

#### Credit

SCETV

### IMAGE 2



#### Caption

Linda Westerberg, Stacey Millner-Collins, Melanie Baker

#### Credit

SCETV

### IMAGE 3



#### Caption

Melanie Baker, Stacey Millner-Collins, Linda Westerberg – Chair yoga

#### Credit

SCETV

### IMAGE 4



#### Caption

Melanie Baker, Stacey Millner-Collins, Linda Westerberg – Chair yoga

#### Credit

SCETV

## IMAGE 5



### **Caption**

Stacey Millner-Collins, Linda Westerberg, Melanie Baker – Chair yoga

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Linda Westerberg, Stacey Millner-Collins, Melanie Baker – Chair yoga

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Stacey Millner-Collins, Melanie Baker, Linda Westerberg, Joe Bowie (Jib camera operator)

### **Credit**

SCETV

## Episode 403: It's Not What You Do, but How You Do It

### IMAGE 1



**Caption**  
Stacey Millner-Collins

**Credit**  
SCETV

### IMAGE 2



**Caption**  
Anne Miller, Tom Beard, Stacey Millner-Collins,  
Leah Greene (Continuity)

**Credit**  
SCETV

### IMAGE 3



**Caption**  
Tom Beard, Stacey Millner-Collins, Anne Miller

**Credit**  
SCETV

### IMAGE 4



**Caption**  
Josh Thompson, Scenic & Lighting Design

**Credit**  
SCETV

## IMAGE 5



### **Caption**

(On set) Tom Beard, Stacey Millner-Collins, Anne Miller

### **Credit**

SCETV

## IMAGE 6



### **Caption**

(On set) Tom Beard, Stacey Millner-Collins, Anne Miller

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Stacey Millner-Collins, Steve Folks (Director), Betsy Newman (Producer), Tom Beard

### **Credit**

SCETV

## IMAGE 8



### **Caption**

Anne Miller

### **Credit**

SCETV

## Episode 404: The Delight of Freedom

### IMAGE 1



#### **Caption**

Stacey Millner-Collins, Meeta Banerjee, Joel Mathwig, Betsy Newman (Producer)

#### **Credit**

SCETV

### IMAGE 2



#### **Caption**

Stacey Millner-Collins, Leah Greene (Makeup)

#### **Credit**

SCETV

### IMAGE 3



#### **Caption**

Stacey Millner-Collins, Betsy Newman (Producer)

#### **Credit**

SCETV

### IMAGE 4



#### **Caption**

Meeta Banerjee, Stacey Millner-Collins, Joel Mathwig

#### **Credit**

SCETV

## IMAGE 5



### **Caption**

Josh Thompson (Lighting), Meeta Banerjee

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Meeta Banerjee, Leah Greene (Continuity), Stacey Millner-Collins

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Meeta Banerjee, Stacey Millner-Collins, Joel Mathwig

### **Credit**

SCETV

## IMAGE 8



### **Caption**

Meeta Banerjee, Stacey Millner-Collins, Joel Mathwig

### **Credit**

SCETV

## Episode 405: Seeking Balance

### IMAGE 1



#### Caption

Tina Cundari, Stacey Millner-Collins, Shannon Bobertz

#### Credit

SCETV

### IMAGE 2



#### Caption

Tina Cundari, Stacey Millner-Collins

#### Credit

SCETV

### IMAGE 3



#### Caption

Steve Folks (Director), Betsy Newman (Producer), Stacey Millner-Collins

#### Credit

SCETV

### IMAGE 4



#### Caption

Shannon Bobertz, Stacey Millner-Collins, Tina Cundari

#### Credit

SCETV

## IMAGE 5



### **Caption**

Stacey Millner-Collins, Shannon Bobertz, Tina Cundari

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Tina Cundari, Joe Bowie (Jib camera operator)

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Shannon Bobertz, Tina Cundari

### **Credit**

SCETV

## Episode 406: Interdependence

### IMAGE 1



**Caption**  
Greg Wilsbacher

**Credit**  
SCETV

### IMAGE 2



**Caption**  
Greg Wilsbacher, Stacey Millner-Collins, Caroline  
Humphries

**Credit**  
SCETV

### IMAGE 3



**Caption**  
Greg Wilsbacher, Josh Thompson (Audio), Stacey  
Millner-Collins, Leah Greene (Makeup)

**Credit**  
SCETV

### IMAGE 4



**Caption**  
Ken Summerall (Camera operator)

**Credit**  
SCETV

## IMAGE 5



### **Caption**

Greg Wilsbacher, Caroline Humphries

### **Credit**

SCETV

## Episode 407: Reset Your Emotional Circuit Breaker

### IMAGE 1



#### Caption

Dara Brown, Leah Greene (Makeup), Stacey Millner-Collins, Aidyn Iachini

#### Credit

SCETV

### IMAGE 2



#### Caption

Stacey Millner-Collins, Steve Folks (Director), Betsy Newman (Producer), Dara Brown

#### Credit

SCETV

### IMAGE 3



#### Caption

Studio crew, Dara Brown, Stacey Millner-Collins, Aidyn Iachini

#### Credit

SCETV

### IMAGE 4



#### Caption

Dara Brown, Stacey Millner-Collins, Aidyn Iachini

#### Credit

SCETV

## IMAGE 5



### **Caption**

Dara Brown, Stacey Millner-Collins, Aidyn Iachini

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Stacey Millner-Collins, Dara Brown, Aidyn Iachini

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Dara Brown, Stacey Millner-Collins, Aidyn Iachini

### **Credit**

SCETV

## Episode 408: Savoring the Gifts

### IMAGE 1



**Caption**

Stacey Millner-Collins, Jen Bowen

**Credit**

SCETV

### IMAGE 2



**Caption**

Jen Bowen, Stacey Millner-Collins, Angela Gallo

**Credit**

SCETV

### IMAGE 3



**Caption**

Jen Bowen, Stacey Millner-Collins, Angela Gallo

**Credit**

SCETV

### IMAGE 4



**Caption**

Jen Bowen, Stacey Millner-Collins, Angela Gallo

**Credit**

SCETV

## IMAGE 5



### **Caption**

Jen Bowen, Angela Gallo

### **Credit**

SCETV

## Episode 409: Refining and Evolving

### IMAGE 1



#### Caption

Lauren Elliot, Stacey Millner-Collins

#### Credit

SCETV

### IMAGE 2



#### Caption

Eric McClellan, Stacey Millner-Collins, Lauren Elliot

#### Credit

SCETV

### IMAGE 3



#### Caption

Leah Greene (Makeup), Josh Thompson (Lighting), Stacey Millner-Collins, Eric McClellan

#### Credit

SCETV

### IMAGE 4



#### Caption

Leah Greene (Makeup—foreground), Stacey Millner-Collins & Lauren Elliot (on set)

#### Credit

SCETV

## IMAGE 5



**Caption**  
Xavier Blake, Stacey Millner-Collins,

**Credit**  
SCETV

## IMAGE 6



**Caption**  
Eric McClellan, Stacey Millner-Collins, Lauren Elliot

**Credit**  
SCETV

## IMAGE 7



**Caption**  
Lauren Elliot

**Credit**  
SCETV

## Episode 410: A Complicated Journey

### IMAGE 1



**Caption**  
Michelle Baker, Robin Waites, Stacey Millner-Collins

**Credit**  
SCETV

### IMAGE 2



**Caption**  
Michelle Baker, Robin Waites, Stacey Millner-Collins

**Credit**  
SCETV

### IMAGE 3



**Caption**  
Stacey Millner-Collins

**Credit**  
SCETV

### IMAGE 4



**Caption**  
Michelle Baker, Stacey Millner-Collins, Robin Waites

**Credit**  
SCETV

## IMAGE 5



### **Caption**

Joe Bowie (Jib camera operator, Josh Thompson (Audio), Stacey Millner-Collins

### **Credit**

SCETV

## IMAGE 6



### **Caption**

(On set) Leah Thompson (Makeup), Stacey Millner-Collins, Michelle Baker, Robin Waites

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Robin Waites, Stacey Millner-Collins, Michelle Baker

### **Credit**

SCETV

## IMAGE 8



### **Caption**

Josh Thompson (Lighting)

### **Credit**

SCETV

## Episode 411: Tend to the Roots

### IMAGE 1



**Caption**  
Stacey Millner-Collins

**Credit**  
SCETV

### IMAGE 2



**Caption**  
Jacqueline Porterfield, Daniele Crosby

**Credit**  
SCETV

### IMAGE 3



**Caption**  
Daniele Crosby

**Credit**  
SCETV

### IMAGE 4



**Caption**  
Jacqueline Porterfield, Daniele Crosby

**Credit**  
SCETV

## IMAGE 5



### **Caption**

Jacqueline Porterfield, Daniele Crosby

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Jacqueline Porterfield, Stacey Millner-Collins, Daniele Crosby

### **Credit**

SCETV

## IMAGE 7



### **Caption**

(On set) Jacqueline Porterfield, Stacey Millner-Collins, Daniele Crosby

### **Credit**

SCETV

## IMAGE 8



### **Caption**

Jacqueline Porterfield, Stacey Millner-Collins, Daniele Crosby

### **Credit**

SCETV

## Episode 412: Strengthening the Back

### IMAGE 1



#### **Caption**

Stacey Millner-Collins, Mary Wagner

#### **Credit**

SCETV

### IMAGE 2



#### **Caption**

Leah Greene (Audio), Stacey Millner-Collins

#### **Credit**

SCETV

### IMAGE 3



#### **Caption**

Mary Wagner, Stacey Millner-Collins, Tally Casey

#### **Credit**

SCETV

### IMAGE 4



#### **Caption**

Set

#### **Credit**

SCETV

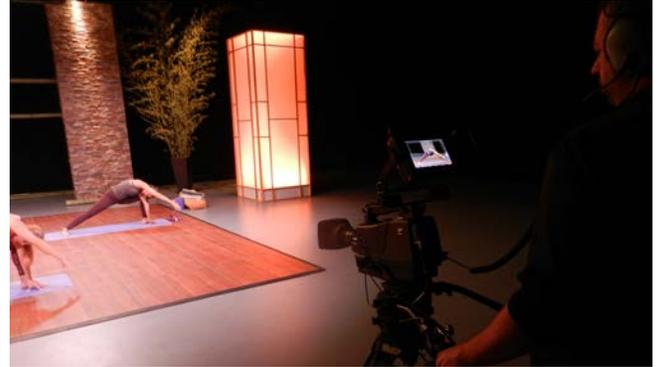
## IMAGE 5



**Caption**  
Studio crew

**Credit**  
SCETV

## IMAGE 6



**Caption**  
(On set) Stacey Millner-Collins, Tally Casey

**Credit**  
SCETV

## IMAGE 7



**Caption**  
Mary Wagner, Josh Thompson (Lighting)

**Credit**  
SCETV

## IMAGE 8



**Caption**  
(On set) Stacey Millner-Collins, Mary Wagner, Tally Casey

**Credit**  
SCETV

## Episode 413: Breath and Relaxation

### IMAGE 1



#### Caption

Beverly Shelley, Katie Geer, Stacey Millner-Collins

#### Credit

SCETV

### IMAGE 2



#### Caption

Beverly Shelley, Stacey Millner-Collins, Katie Geer

#### Credit

SCETV

### IMAGE 3



#### Caption

Beverly Shelley, Stacey Millner-Collins

#### Credit

SCETV

### IMAGE 4



#### Caption

Ken Summerall (Camera operator), Bill Sexton (Video), Staci Cosby (Audio), Allen Ott (Media operations), Brian Jamison (Engineering maintenance), Joe Bowie (Jib camera operator), Steve Folks (Director), Jalen Langley (Teleprompter), Jackie Johnson (Associate Producer), Beverly Shelley, Ryan McGillan (Camera operator), Stacey Millner-Collins, Josh Thompson (Lighting & Scenic Design), Katie Geer, Leah Greene (Makeup), Mark Adams (Camera operator)

#### Credit

SCETV

## IMAGE 5



### **Caption**

Katie Geer, Beverly Shelley

### **Credit**

SCETV

## IMAGE 6



### **Caption**

Josh Thompson (Audio), Leah Greene (Makeup),  
Stacey Millner-Collins

### **Credit**

SCETV

## IMAGE 7



### **Caption**

Beverly Shelley, Stacey Millner-Collins, Katie Geer

### **Credit**

SCETV

## IMAGE 8



### **Caption**

Joe Bowie (Lighting), Josh Thompson (Lighting &  
Scenic), Stacey Millner-Collins

### **Credit**

SCETV



*Yoga in Practice*  
with Stacey Millner-Collins