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SCETV series “Yoga in Practice” returns for Season 4 with 13 new episodes

COLUMBIA, S.C. – The half-hour yoga instructional series *Yoga in Practice* has returned for Season 4 on ETV-HD. Hosted by master instructor Stacey Millner-Collins, the 13-episode series builds on previous seasons and features additional yoga poses and sequences. This season focuses on universal themes such as courage and the art of slowing down, and includes basic meditation and breathing techniques.

Yoga in Practice is also being distributed nationally by [American Public Television \(APT\)](#) to viewers of public television across the U.S. The program, which first aired in 2018, will begin airing on public television stations across the U.S. in April.

Designed for the at-home practitioner, Stacey Millner-Collins 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, including yoga students with mobility issues or who wish to practice at their desk.

[Yoga in Practice](#) host Stacey Millner-Collins is the founder and director of City Yoga in Columbia, SC, which opened in 2003. She is a Registered Yoga Teacher with Yoga Alliance, which acknowledges the completion of a yoga teacher training with an approved and active Registered Yoga School. She first came to her yoga mat in 1994 and became a certified Anusara Yoga instructor in 2006.

Below is a glimpse into each episode of *Yoga in Practice* Season 4:

- **Episode 401: Love Yourself as You Are-** In this episode we let go of striving for perfection and embrace who we are right now.
- **Episode 402: How to Get Going-** 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-** 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-** Good alignment is good therapy. More freedom in our body helps us enjoy life a bit more.
- **Episode 405: Seeking Balance-** This class will assist with cultivating better habits by slowing down and practicing balancing.
- **Episode 406: Interdependence-** Move from the periphery into the core using twists and backbends.
- **Episode 407: Reset Your Emotional Circuit Breaker-** Reset your emotional circuit breakers. Ask yourself, what is mine to do and not to do today?
- **Episode 408: Savoring the Gifts-** To relish today’s practice to its utmost, stay as present in the moment as possible.
- **Episode 409: Refining and Evolving-** Small changes can shift our vision and health. Say to yourself, “I like myself when I try.”
- **Episode 410: A Complicated Journey-** Being human is complicated. Are we able to want the life we are currently living right now?
- **Episode 411: Tend to the Roots-** Tending to the roots helps us face future uncertainties. Let’s grow some roots today.
- **Episode 412: Strengthening the Back-** Work on strengthening the back for better posture and self-assurance.
- **Episode 413: Breath and Relaxation-** Ease into a practice that opens our ribcage so we can breathe more deeply.

Produced by [South Carolina ETV](#), production funding for ***Yoga in Practice*** is provided by the ETV Endowment of South Carolina.

This season of ***Yoga in Practice*** premiered on SCETV in January and continues to air weekdays at 6:30 a.m. More information on ***Yoga in Practice*** can be found at www.scetv.org/yoga, and previous episodes can be viewed at video.scetv.org/show/yoga-practice/. Each season of ***Yoga in Practice*** is also available on DVD for purchase online at shopsctv.org.

QUOTES

“Yoga has been a part of SCETV’s programming since the 1970s, and we’re thrilled to be able to bring these 13 new episodes to viewers in South Carolina and across the nation.” –**SCETV Director of National Content and Regional Operations Don Godish**

“More than just physical exercise, yoga is about mindfulness. It offers proven physical and mental benefits, thus encouraging a healthy lifestyle. I’m proud to partner with SCETV to bring this life-affirming practice into homes nationwide.” –***Yoga in Practice* Host and Executive Producer Stacey Millner-Collins**

FAST FACTS

- The half-hour yoga instructional series premiered in 2018 and is returning for Season 4.
- ***Yoga in Practice*** 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.
- Host Stacey Millner-Collins of Columbia, South Carolina first began practicing yoga in 1994 as a way to unite a dedicated physical discipline with a spiritual one.
- For more information on ***Yoga in Practice***, visit scetv.org/yoga.
- Previous episodes can be viewed at video.scetv.org/show/yoga-practice/.

About South Carolina ETV and Public Radio

South Carolina ETV and Public Radio (SCETV) is the state's public educational broadcasting network. SCETV amplifies South Carolina voices, provides educational experiences and strengthens communities, while working toward creating a stronger, more connected and informed South Carolina. In addition to airing local programs, such as *Carolina Classrooms*, *Making It Grow*, and *This Week in South Carolina*, SCETV also presents multiple programs to regional and national audiences, including *By The River*, *After Action*, *Reconnecting Roots*, *Reel South*, *Somewhere South*, *Yoga in Practice* and *How She Rolls*. In addition, SC Public Radio produces the national radio production, *Chamber Music from Spoleto Festival USA*.

About American Public Television

American Public Television (APT) is the leading syndicator of high-quality, top-rated programming to the nation’s public television stations. Founded in 1961, APT distributes 250 new program titles per year and more than one-third of the top 100 highest-rated public television titles in the U.S. APT’s diverse catalog includes prominent documentaries, performance, dramas, how-to programs, classic movies, children’s series and news and current affairs programs. *Doc Martin*, *Midsomer Murders*, *America’s Test Kitchen From Cook’s Illustrated*, *AfroPoP*, *Rick Steves’ Europe*, *Pacific Heartbeat*, *Christopher Kimball’s Milk Street Television*, *Legacy List with Matt Paxton*, *Lidia’s Kitchen*, *Kevin Belton’s New Orleans Kitchen*, *Simply Ming*, *The Best of the Joy of Painting with Bob Ross*, *Live From the Artists Den*, *James Patterson’s Kid Stew* and *NHK Newslines* are a sampling of APT’s programs, considered some of the most popular on public television. APT also licenses programs internationally through its APT Worldwide service and distributes Create®TV — featuring the best of public television’s lifestyle programming — and WORLD™, public television’s premier news, science and documentary channel. To find out more about APT’s programs and services, visit APTonline.org.

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