

## Image Descriptions

Image 1:



Caption: Season two of "Yoga in Practice" is launching September 2019.

*Photo courtesy of South Carolina ETV.*

Image 2:



Caption: Mehrdad Vejdani, host Stacey Millner-Collins and Trace Ballou practice the Crescent pose.

*Photo courtesy of South Carolina ETV.*

**Image 3:**



Caption: Pictured are Paul Bergstrand and host Stacey Millner-Collins. Mindfulness, which is described as paying attention to the present moment, is a critical component of yoga.

*Photo courtesy of South Carolina ETV.*

**Image 4:**



Caption: Mehrdad Vejdani, host Stacey Millner-Collins and Trace Ballou practice the Warrior 1 pose.

*Photo courtesy of South Carolina ETV.*