



**JAMES
MATTHEW
BROWN**

About James Matthew Brown and The Yoga Starter Course

James Matthew Brown is a highly respected yoga instructor with a [remarkable 25-year career teaching yoga around the world](#). Having taught celebrities, certified hundreds of teachers, and traveled across five continents to do it, James has now returned to his hometown in Southern Maryland to share his expertise with his local community.

Inspired by a deep desire to make yoga accessible to all, regardless of physical ability or experience level, James has developed The Yoga Starter Course: 28 Days to a Self-Guided Practice. This innovative online program aims to empower everyday individuals with the tools and knowledge to cultivate their own independent yoga practice.

Unlike traditional yoga courses, [The Yoga Starter Course](#) goes beyond physical postures, offering a comprehensive philosophy and methodology that emphasizes mindfulness, balance, and self-discovery. The program is designed to be highly adaptable and self-paced, allowing participants to customize their practice to fit their individual needs and schedules.

James's approach to teaching is characterized by simplicity, clarity, and a focus on practicality. With a commitment to keeping yoga free from dogma and ideological affiliation, James's instruction is rooted in a desire to provide a transformative experience without unnecessary complexity or esoteric language.

As part of The Yoga Starter Course, participants have the opportunity to receive up to three one-on-one coaching sessions with James himself, fostering a personal connection and ensuring that each individual receives tailored guidance and support throughout their yoga journey.

Limited-time pricing is now available for The Yoga Starter Course, offering discounted rates starting at \$50 until July 15. This is an opportunity for individuals of all backgrounds to embark on a transformative yoga journey. Scholarships are also available.

For more information or to request an interview with James Matthew Brown, please contact our media liaison, Anita Stevens, at anita@myyogapractice.com or 410-279-5366.

[See our press page here.](#)

[See a timeline of James Matthew Brown's career and life here.](#)