



Company at a glance

ABOUT US / READY-TO-COPY BOILERPLATE

Founded in February 2026, Jyoti Wellness Ltd is the Hampshire-based company behind Jyoti Yoga & Wellness, an app offering personalised yoga and everyday wellbeing for adults in midlife and beyond. Co-founded by yoga teacher Jyoti Harvey and Alan Spong, it combines 27 years of teaching experience with practical technology. YogaBuilder™ creates sessions from real teaching videos, with chair, supported standing and mat options. Jyoti also runs separate live online classes through Over 50s Yoga.

MISSION

To offer safe, accessible, personalised yoga, with movement shaped around the person's body, time and setting. Bring your yoga to life!

VISION

A world where people in midlife and beyond feel welcome and confident to make movement part of everyday life.

THE PROBLEM WE ADDRESS

Time, confidence and mobility can make conventional yoga difficult to start, particularly in midlife and over 50. We are pioneering Situational Yoga: practical movement at home and at work, particularly desk-based yoga and everyday wellbeing. Chair, supported standing and mat options help people find movement that fits their body, available time and setting.

KEY FACTS & MILESTONES

Company: Jyoti Wellness Ltd · Company No. 17024480 · England, UK

Founded: February 2026

Base: Hampshire, UK

Co-founders: Jyoti Harvey and Alan Spong

Audience: Adults 45+, with a focus on midlife and beyond

Product: Jyoti Yoga & Wellness · YogaBuilder™ personalised sessions

Platforms: iOS and Android; Desktop Web BETA for Premium users

Teaching milestone: Live online teaching through Over 50s Yoga since 2020

Media milestone: Voice FM, Healthy Lifestyle with Gemma Paddington, 1 October 2026

Employee count, funding details and any awards: please contact the media team for confirmed information.



People, product & traction



Jyoti Harvey / Teaching spokesperson

Jyoti Harvey is a yoga teacher with 27 years of experience and co-founder of Jyoti Yoga & Wellness. After discovering yoga in India in 1999, she trained and taught there before teaching in Winchester. Her established Over 50s Yoga business has continued online since 2020. She is available for enquiries about accessible movement, midlife yoga and live demonstrations.



Alan Spong / Technology spokesperson

Alan Spong is co-founder of Jyoti Yoga & Wellness and leads its systems, technology and product development. His background includes more than two decades in transformation and simplifying complex systems. He is available for interviews about the founder journey, translating teaching into a digital product and building technology around people.

PRODUCT

YogaBuilder™ assembles sessions from Jyoti's real teaching videos using choices such as available time, mobility and body focus areas. Situational Yoga offers movement in everyday settings. The app also includes breathing, relaxation, audio and wellbeing features.

KEY STATISTICS / TRACTION

Verified background: 27 years of teaching experience; two co-founders; iOS and Android availability; an established live online teaching business; one featured radio appearance listed in this kit.

Current customer numbers, downloads, website traffic, social reach and growth figures are available for enquiry through the media team. No unverified figures are published in this kit.

LIVE ONLINE CLASSES

Over 50s Yoga remains Jyoti's live teaching business. Classes are booked separately at over50syoga.com.



Coverage, assets & contact

PAST PRESS & MEDIA

Voice FM: Healthy Lifestyle with Gemma Paddington, 1 October 2026. Interview audio and desk-yoga video: jyotiyoga.app/voice-fm.html.

PRESS RELEASE ARCHIVE

Company announcements, newest first: jyotiyoga.app/press-releases.html.

DOWNLOADABLE VISUAL ASSETS

Original portrait, founder and teaching photographs; Alan headshot; product screenshot; transparent green, black and white logos. Browse individual downloads: jyotiyoga.app/media-assets.html.

ASSET QUALITY & CREDITS

Logo PNGs are 250 × 250 pixels. The Jyoti portrait is 853 × 786 pixels; larger supplied photographs and the product screenshot retain their original dimensions. Higher-resolution originals and vector logos may be requested from the media team. Suggested credit: Jyoti Yoga & Wellness; confirm photographer credits and publication permission.

DIRECT MEDIA CONTACT

Email: media@jyotiyoga.app. Phone: 07967 018189. Teaching spokesperson: Jyoti Harvey.
Technology/founder spokesperson: Alan Spong. Include your publication or programme, audience, topic, format, date and deadline.

EDITORIAL NOTES

The app provides general wellbeing content, not diagnosis or treatment. Live classes are separate from app membership. Facts checked against the company's websites; request current company and audience figures before publication.

Sources: jyotiyoga.app/about.html; jyotiyoga.app/voice-fm.html; over50syoga.com/about-me/; over50syoga.com/qualifications-and-experience/.