Mindluster Platform

About the course yoga hatha

Course Presenter : Boho Beautiful Yoga

In the Yoga Hatha course, we will delve into the traditional practice of Hatha yoga, focusing on physical postures (asanas) and breath control (pranayama). This course offers a comprehensive exploration of Hatha yoga, covering a range of poses, alignment principles, and breathing techniques. Develop strength, flexibility, and body awareness as we delve into both dynamic flows and static holds. Discover the calming and grounding effects of Hatha yoga, fostering a balanced mind-body connection. Suitable for all levels, this course provides a solid foundation in Hatha yoga and an opportunity to deepen your practice. Join us to experience the transformative power of this timeless yoga style. Boho Beautiful Yoga

Woman and Beauty Category's Courses

Course Lesson(5)

Lesson 1 : **Gentle Yoga To Terminate Stress Come With Me If You Want Some Peace**

Lesson 2 : **Yoga Workout Fire Alarm Burn Calories Melt Fat Ignite Your Core**

Lesson 3 : **Yoga Flow To Release Everything Empty Your Mind Be Water My Friend**

Lesson 4 : **Yoga For Flexibility Strength Quiet The Mind And The Soul Will Whisper**

Lesson 5 : **15 Minute Guided Meditation Mindfully Heal Yourself From The Inside Out**

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