Mindluster Platform

About the course yoga karma

Course Presenter : Yoga With Adriene

In the Yoga Karma course, we will explore the practice of selfless service and the principles of karma yoga. This course goes beyond the physical aspects of yoga, focusing on the path of action and service. Discover how yoga extends beyond the mat and into our daily lives, cultivating compassion, mindfulness, and a sense of purpose. Learn about the philosophy of karma yoga, engage in acts of service, and explore the transformative power of giving back. This course offers an opportunity to integrate yoga into our relationships, communities, and the world. Join us to embark on a journey of selfless service and make a positive impact through the practice of yoga karma. Yoga With Adriene

Woman and Beauty Category's Courses

Course Lesson(8)

Lesson 1 : **Grounding Into Gratitude Root Chakra Yoga Yoga With Adriene**

Lesson 2 : **Grounding Yoga Practice Happy Earth Day**

Lesson 3 : **Meditation For Mental Balance and Grounding**

Lesson 4 : **Revolution Day 25 Root Practice**

Lesson 5 : **Anchor In Hope 18 Minute Yoga Flow**

Lesson 6 : **Yoga For Concentration and Mental Focus Yoga With Adriene**

Lesson 7 : **Yoga To Gain Perspective 35 Minute Yoga Practice**

Lesson 8 : **Happy Birthday Yoga Yoga with Adriene**

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