Mindluster Platform

About the course chakrayoga

Course Presenter : Yoga With Adriene

In the Yoga course, we will embark on a transformative journey of self-discovery and holistic well-being. Explore the ancient wisdom and practices of yoga, including asanas (postures), pranayama (breathing techniques), meditation, and philosophy. This course offers a comprehensive understanding of yoga's physical, mental, and spiritual aspects. Develop strength, flexibility, and inner calm as you learn to cultivate mindfulness and align your mind, body, and spirit. Suitable for all levels, this course provides a nurturing environment to deepen your practice and explore the profound benefits of yoga. Join us to embark on a path of self-transformation and embrace the transformative power of yoga in your life. Yoga With Adriene

Woman and Beauty Category's Courses

Course Lesson(10)

Lesson 1 : **Ujjayi Breathing Yoga with Adriene**

Lesson 2 : **Breath of Fire Pranayama Series**

Lesson 3 : **Yoga Breathing Alternate Nostril Breathing**

Lesson 4 : **Pranayama Potion 20 Minute Yoga Practice**

Lesson 5 : **Day 19 Breath Body Practice 30 Days of Yoga**

Lesson 6 : **Yoga Pranayama for the Spine Yoga With Adriene**

Lesson 7 : **Pranayama Sitali Cooling Breath Or Taco Breath**

Lesson 8 : **Lion s Breath Foundations of Yoga**

Lesson 9 : **Reunite With Your Breath 19 Minute Breath Practice**

Lesson 10 : **10 Minute Balancing Breathwork**

Related courses

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How to Have Beautiful Skin

How to Walk in High Heels

Professional Manicure

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