Mindluster Platform

About the course tantra yoga

Course Presenter : Yoga With Adriene

In the Tantra Yoga course, we will explore the ancient and profound practice that integrates spirituality, energy, and consciousness. Tantra Yoga goes beyond the physical postures and delves into the exploration of the subtle aspects of existence. Through this course, you will learn about sacred rituals, mantra chanting, meditation, and the awakening of Kundalini energy. Tantra Yoga offers a holistic approach to self-realization, emphasizing the union of the divine masculine and feminine energies within. Suitable for those seeking a deeper spiritual connection, this course provides a transformative journey to expand consciousness, cultivate love, and embrace the divine essence within. Join us to embark on a path of spiritual awakening and experience the profound wisdom of Tantra Yoga. Yoga With Adriene

Woman and Beauty Category's Courses

Course Lesson(11)

Lesson 1 : **Total Body Yoga 20 Minute Deep Core Yoga**

Lesson 2 : **Total Body Yoga Deep Stretch Yoga With Adriene**

Lesson 3 : **60 Minute Total Body Workout Yoga For Weight Loss**

Lesson 4 : **Day 7 Total Body Yoga 30 Days of Yoga**

Lesson 5 : **Yoga Tone Yoga For Weight Loss Yoga With Adriene**

Lesson 6 : **Yoga For Weight Loss Love Yoga Flow**

Lesson 7 : **Balancing Flow Yoga With Adriene**

Lesson 8 : **Yoga for Neck and Shoulder Relief Yoga With Adriene**

Lesson 9 : **Yoga For Flexibility 16 Minute Practice**

Lesson 10 : **Yoga For Upper Body Strength 13 Minute Home Yoga**

Lesson 11 : **Happy Birthday Yoga Yoga with Adriene**

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for Business Contact
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