Mindluster Platform

About the course Yoga For Shoulders

Course Presenter : Yoga With Adriene

In the Yoga For Shoulders course, we will focus on strengthening, stretching, and releasing tension in the shoulder area. Through a series of targeted asanas and exercises, you will learn proper alignment, techniques for shoulder stability, and ways to improve flexibility. This course aims to alleviate shoulder pain, enhance range of motion, and promote better posture. Suitable for all levels, it provides a comprehensive understanding of shoulder anatomy and specific yoga sequences to address common shoulder issues. Join us to cultivate strong, mobile, and pain-free shoulders, allowing you to experience greater ease and freedom in your yoga practice and daily life. Yoga With Adriene

Woman and Beauty Category's Courses

Course Lesson(8)

Lesson 1 : **Yoga for Neck and Shoulder Relief Yoga With Adriene**

Lesson 2 : **Yoga For Neck Shoulders Upper Back 10 Minute Yoga Quickie**

Lesson 3 : **Yoga For Text Neck Yoga With Adriene**

Lesson 4 : **Yoga For Swimmers Yoga With Adriene**

Lesson 5 : **Yoga For Creating Space Yoga With Adriene**

Lesson 6 : **Heart Chakra Yoga For Beginners Yoga With Adriene**

Lesson 7 : **Dolphin Pose Yoga With Adriene**

Lesson 8 : **Yoga for Golfers Yoga With Adriene**

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