Mindluster Platform

About the course Seated Yoga

Course Presenter : Yoga With Adriene

In the Seated Yoga course, we will explore the practice of yoga primarily performed in a seated position. This course focuses on gentle stretches, breathwork, and meditation techniques that can be done while seated, making it accessible for all fitness levels and abilities. You will learn how to improve posture, increase flexibility, and cultivate mindfulness through seated poses and mindful movements. Join us to experience the benefits of a seated yoga practice, including increased relaxation, improved concentration, and enhanced overall well-being. Yoga With Adriene

Woman and Beauty Category's Courses

Course Lesson(10)

Lesson 1 : **Chair Yoga Yoga For Seniors Yoga With Adriene**

Lesson 2 : **Yoga at Your Desk**

Lesson 3 : **Wheelchair Yoga Gentle Chair Yoga Routine**

Lesson 4 : **Yoga For Couch Potatoes 7 Minute Yoga Yoga with Adriene**

Lesson 5 : **Yoga for Neck and Shoulder Relief Yoga With Adriene**

Lesson 6 : **Yoga on an Airplane Travel Yoga Yoga with Adriene**

Lesson 7 : **Yoga For Hands Fingers Wrists 11 Minute Yoga Quickie**

Lesson 8 : **Yoga To Slow Your Roll 16 Minute Home Yoga**

Lesson 9 : **Yoga For Chronic Pain 25 Minute Yoga**

Lesson 10 : **Day 16 Discipline BREATH A 30 Day Yoga Journey**

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