Mindluster Platform

About the course Gentle Yoga extended desk break flow

Gentle Yoga extended desk-break course, in this course, we will explore a series of gentle yoga poses designed to relieve tension and improve mobility for those who spend long hours sitting at a desk. The Gentle Yoga Extended Desk-Break Course provides a blend of simple stretches, mindful breathing, and relaxation techniques that can easily be performed in short breaks during your workday. You'll learn how to release stiffness in the neck, shoulders, back, and hips, areas often affected by prolonged sitting. This course is ideal for anyone seeking to improve flexibility, reduce stress, and counter the physical strain of a sedentary lifestyle. We will guide you through a step-by-step routine that helps increase circulation, enhance posture, and restore energy, all while being gentle on the body. Whether you're new to yoga or looking for a restorative practice, this program offers practical techniques to integrate wellness into your daily routine, allowing you to feel more refreshed, focused, and balanced.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **Gentle Yoga Total Body Restorative Flow**

Lesson 2 :
Quick Total Body Power Yoga Beginner Friendly Flow to Build Strength and Release Tension

Lesson 3 : **Fitness BlenderÂ 5 Day Challenge Day 6 Active Recovery for Mindful Strength Building**

Lesson 4 : **Gentle Yoga Extended Desk Break Flow Lengthen Muscles for Realigned Posture**

Lesson 5 : **Core Focused Vinyasa Yoga All Levels Flow For Deep Core Strength and Stability**

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