Mindluster Platform

About the course Pregnancy Yoga with dumbbells workout

Pregnancy Yoga with dumbbells course, in this course combines the benefits of yoga and strength training using light dumbbells to support your body during pregnancy. Youâ€™ll explore safe, low-impact yoga poses that improve flexibility, balance, and posture, while incorporating dumbbells to strengthen muscles, including the arms, legs, and back. These workouts are tailored to each trimester, helping you build endurance, boost circulation, and alleviate pregnancy-related discomforts like muscle tension and back pain. Youâ€™ll also learn mindful breathing techniques to enhance relaxation and prepare for labor. With modifications for every stage, this program ensures safety and comfort while promoting both physical and mental well-being. Whether you are new to exercise or looking to maintain your fitness, this course helps you stay active, energized, and empowered throughout your pregnancy journey.

Medical Category's Courses

Course Lesson(6)

Lesson 1 : **New Pregnancy Yoga Challenge STARTING TOMORROW FEB 19TH 9 30 AM PST**

Lesson 2 : **Day 1 Pregnancy Yoga Challenge Full Body Prenatal Yoga To Feel Amazing**

Lesson 3 :
BEST Pregnancy Yoga to Fix PREGNANCY SCIATICA and BACK PAIN 25 Min Prenatal Yoga

Lesson 4 : **Pregnancy Yoga To Prepare Your Mind Body For An Easy Delivery**

Lesson 5 : **Pregnancy Yoga With Dumbbells For A Strong Healthy Pregnancy**

Lesson 6 : **Pregnancy Yoga Stretches FULL BODY 30 Min Blissful PREGNANCY STRETCHES**

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for Business Contact
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