Mindluster Platform

About the course Postpartum Yoga Flow workout at home

Postpartum Yoga Flow workout course, in this course weâ€™ll explore gentle yoga flows designed to support your bodyâ€™s recovery after childbirth. The sessions focus on restoring strength, improving flexibility, and relieving tension in areas like the lower back, shoulders, and hips. Youâ€™ll learn breathing techniques to promote relaxation, reduce stress, and enhance your overall well-being. The workouts also target deep core muscles and the pelvic floor, helping to rebuild stability and address postpartum concerns such as diastasis recti. With mindful, flowing movements, the course emphasizes balance between body and mind, fostering a sense of calm and connection. Whether youâ€™re new to yoga or experienced, the exercises are tailored to fit your recovery pace, offering modifications to ensure comfort and safety. This program helps you regain energy, restore confidence, and find harmony between fitness and the demands of motherhood.

Medical Category's Courses

Course Lesson(13)

Lesson 1 : **When Can I Start High Impact Exercising or Running After Giving Birth**

Lesson 2 : **DAY 1 Advanced Postpartum CHALLENGE 20 Minute Postpartum Cardio Workout**

Lesson 3 : **Advanced Postpartum Ab Workout Flat Stomach Workout 12 Minute Postpartum Abs**

Lesson 4 : **METABOLISM BOOSTER Advanced Postpartum Workout Challenge LEGS GLUTES With Dumbbells**

Lesson 5 : **7 Minute DAILY Advanced Postpartum Pilates Abs FLATTEN DEFINE**

Lesson 6 : **20 Min CARDIO HIIT Advanced Postpartum Challenge Day 3**

Lesson 7 : **Advanced Postpartum Ab Workout Flat Stomach Workout 12 Minute Postpartum Abs**

Lesson 8 : **Advanced Postpartum Workout Challenge Day 4 ARMS UPPER BODY**

Lesson 9 : **10 Minute Postpartum Cardio Workout Advanced Postpartum Challenge Day 4**

Lesson 10 : **Full Body Postpartum Workout Advanced Postpartum Challenge Day 5**

Lesson 11 : **7 Minute DAILY Advanced Postpartum Pilates Abs FLATTEN DEFINE**

Lesson 12 : **Postpartum Yoga Flow For 6 Month Postpartum 20 Min Postnatal Yoga**

Lesson 13 : **6 Minute Meditation For Mothers Self Love Meditation Beginner Friendly**

Related courses

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