Mindluster Platform

# About the course Yoga For Low back and hamstrings

Yoga For Low back, in this course you will learn gentle and effective yoga techniques to relieve lower back pain, improve flexibility, and strengthen core muscles. Tailored for all levels, this program focuses on specific poses and stretches that target the lower back, hips, and surrounding muscles to release tension and enhance mobility. Youâ€™ll explore safe and therapeutic postures like Cat-Cow, Child's Pose, and Supine Twists, alongside breathing exercises to promote relaxation and reduce stress, which often exacerbates back discomfort. The course also includes tips on posture alignment and mindful movements to prevent future pain and promote spinal health. Ideal for anyone experiencing lower back discomfort due to prolonged sitting, standing, or general muscle tension, this course can be practiced at home with minimal space and equipment. By the end, youâ€™ll feel more relaxed, mobile, and empowered to manage lower back issues through consistent yoga practice. Join us and give your back the care it needs

**Medical Category's Courses**

# Course Lesson(30)

Lesson 1 : **Morning Wake Up Meditation**

Lesson 2 : **Yoga For Manual Labor Yoga With Adriene**

Lesson 3 : **Day 10 10 min Sun Salutation Practice 30 Days of Yoga**

Lesson 4 : **Yoga Pranayama for the Spine Yoga With Adriene**

Lesson 5 : **Yoga For Celebrating 25 Minute Yoga Practice**

Lesson 6 : **Yoga For Text Neck Yoga With Adriene**

Lesson 7 : **Yoga Kiss Total Body Flow 40 Minute Yoga Flow**

Lesson 8 : **Bee Breath Bhramari Pranayama**

Lesson 9 : **Yoga For The Service Industry Yoga With Adriene**

Lesson 10 : **Greet the Day Yoga Yoga With Adriene**

Lesson 11 : **Dedicate Day 24 Balance**

Lesson 12 : **Yoga For Low Back and Hamstrings 30 Minute Yoga**

Lesson 13 : **Yoga For Self Doubt Yoga With Adriene**

Lesson 14 : **Sun Salutation B Surya Namaskara B**

Lesson 15 : **Upper Back Love Yoga For Back Pain**

Lesson 16 : **Healing Yoga Break**

Lesson 17 : **Short Wake Up Flow 15 Minute Morning Yoga**

Lesson 18 : **Yoga For Chefs 18 Minute Yoga**

Lesson 19 : **Core Restore 27 Minute Yoga For Your Core**

Lesson 20 : **Date Night Yoga Full Yoga Practice**

Lesson 21 : **Meditation For Inner Peace Yoga With Adriene**

Lesson 22 : **Morning Mobility Yoga Wake Up and Stretch**

Lesson 23 : **Chest Upper Body Opening Flow**

Lesson 24 : **Dedicate Day 7 Surya**

Lesson 25 : **Fundamentals of Ease 35 Minute Home Yoga**

Lesson 26 : **Morning Hip Release 15 Minute Yoga Practice**

Lesson 27 : **Rebirth Yoga 24 Minute Yoga Flow**

Lesson 28 : **Yoga To Feel Your Best 22 Minute Home Yoga**

Lesson 29 : **Yoga For A Fresh Start Full At Home Yoga Practice**

Lesson 30 : **Wake Up Yoga 11 Minute Morning Yoga Practice**

# Related courses

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**Male Reproductive**

**Anatomy**

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**General Embryology**

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