Mindluster Platform

About the course Yoga For sensitive knees at home

Course Presenter : Yoga With Adriene

Yoga For sensitive knees, in this course youâ€™ll learn gentle and effective yoga techniques specifically designed for individuals with sensitive or achy knees. The program focuses on safe, low-impact poses and stretches that strengthen the muscles around the knees, improve joint mobility, and reduce discomfort. Youâ€™ll practice therapeutic postures like Supported Chair Pose, Bridge Pose, and Reclined Leg Stretches, which help alleviate pressure on the knees while enhancing stability. Breathing exercises and mindful movements will promote relaxation, reduce tension, and improve overall alignment to prevent strain. This course also includes modifications and tips for avoiding positions that may aggravate knee sensitivity, making it suitable for all experience levels. Whether youâ€™re recovering from an injury, managing chronic knee pain, or seeking to improve joint health, this course provides practical tools to move with confidence. By the end, youâ€™ll feel stronger, more stable, and empowered to care for your knees through safe and mindful yoga practice. Yoga With Adriene

Medical Category's Courses

Course Lesson(33)

Lesson 1 : **Reunite With Your Breath 19 Minute Breath Practice**

Lesson 2 : **Ujjayi Breathing Yoga with Adriene**

Lesson 3 : **Yoga For Neck Shoulders Upper Back 10 Minute Yoga Quickie**

Lesson 4 : **Yoga For Change And Drain**

Lesson 5 : **Total Body Yoga Deep Stretch Yoga With Adriene**

Lesson 6 : **Chest Upper Body Opening Flow**

Lesson 7 : **Day 11 Flow BREATH A 30 Day Yoga Journey**

Lesson 8 : **Yoga Belly 30 Minute Yoga Practice**

Lesson 9 : **Heart And Hips Practice Hands Free Yoga Yoga With Adriene**

Lesson 10 : **Pranayama Potion 20 Minute Yoga Practice**

Lesson 11 : **Yoga For Sensitive Knees Yoga With Adriene**

Lesson 12 : **Yoga Pranayama for the Spine Yoga With Adriene**

Lesson 13 : **10 Minute Full Body Stretch**

Lesson 14 : **Meditation For Mental Balance and Grounding**

Lesson 15 : **Yoga For A Dull Moment Yoga With Adriene**

Lesson 16 : **The BEST way to start your day 10 Minute Morning Yoga**

Lesson 17 : **25 Minute Upper Body Yoga Feel Good Flow**

Lesson 18 : **Rainbow Yoga Yoga For All Ages 17 Minute Yoga Practice**

Lesson 19 : **Yoga Breathing Alternate Nostril Breathing**

Lesson 20 : **Yoga For When You Are Feeling Unmotivated 20 Minute Home Yoga**

Lesson 21 : **Day 19 Breath Body Practice 30 Days of Yoga**

Lesson 22 : **10 Minute Balancing Breathwork**

Lesson 23 : **Movement Medicine Calming Practice Yoga With Adriene**

Lesson 24 : **Meditation for Anxiety Yoga With Adriene**

Lesson 25 : **Core Restore 27 Minute Yoga For Your Core**

Lesson 26 : **5 Minute Calming Breathwork**

Lesson 27 : **Stillness For Stress Relief 15 Minute Meditation Yoga With Adriene**

Lesson 28 : **Yoga For Tired Feet 14 Minute Yoga Practice**

Lesson 29 : **Breath of Fire Pranayama Series**

Lesson 30 : **Yoga For Focus Productivity 10 min practice**

Lesson 31 : **Day 25 Release MOVE A 30 Day Yoga Journey**

Lesson 32 : **Yoga To Feel Your Best 22 Minute Home Yoga**

Lesson 33 : **RABBIT POSE Sasangasana 15 Minute Yoga Practice**

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