Mindluster Platform

About the course Yoga For digestion at home

Yoga For digestion, in this course you will learn gentle and effective yoga techniques designed to improve digestion, reduce bloating, and support gut health. Through targeted poses, breathing exercises, and mindful movements, this program stimulates the digestive organs, enhances circulation, and relieves discomfort. Youâ€™ll practice yoga postures like Seated Twists, Cat-Cow, and Knees-to-Chest Pose, which massage the abdomen, improve intestinal movement, and promote a healthy digestive system. The course also incorporates deep breathing (Pranayama) to reduce stress, as emotional tension can impact digestion. Perfect for all levels, this course can be practiced at home to aid digestion after meals or relieve digestive discomfort anytime. By the end of the program, youâ€™ll have tools to naturally support your digestive health, alleviate bloating, and feel lighter and more energized. Join us to explore how yoga can transform your digestive wellness and bring balance to both body and mind

Medical Category's Courses

Course Lesson(30)

Lesson 1 : **Love Wins Yoga**

Lesson 2 : **Yoga For Forgiveness Yoga With Adriene**

Lesson 3 : **Yoga for Core and Booty 30 Minute Yoga Practice Yoga With Adriene**

Lesson 4 : **Yoga For Creating Space Yoga With Adriene**

Lesson 5 : **Center Day 25 Amor**

Lesson 6 : **Day 18 Savor MOVE A 30 Day Yoga Journey**

Lesson 7 : **Short Wake Up Flow 15 Minute Morning Yoga**

Lesson 8 : **Yoga For A Fresh Start Full At Home Yoga Practice**

Lesson 9 : **Yoga Party 30 Minute Home Yoga Practice**

Lesson 10 : **Yoga Kiss Total Body Flow 40 Minute Yoga Flow**

Lesson 11 : **Throat Chakra Yoga 20 Minute Yoga Practice**

Lesson 12 : **Core Power Wake Up Yoga With Adriene**

Lesson 13 : **Self Love Yoga Full Class Yoga With Adriene**

Lesson 14 : **Day 19 Explore MOVE A 30 Day Yoga Journey**

Lesson 15 : **Feel Good Flow Yoga With Adriene**

Lesson 16 : **Date Night Yoga Full Yoga Practice**

Lesson 17 : **Yoga For New Beginnings Yoga With Adriene**

Lesson 18 : **Yoga For Love Valentine s Vinyasa Flow**

Lesson 19 : **Dedicate Day 18 Love**

Lesson 20 : **Yoga For Flexibility 16 Minute Practice**

Lesson 21 : **5 Minute Calming Breathwork**

Lesson 22 : **Reunite With Your Center 19 Minute Yoga for Core**

Lesson 23 : **Yoga For Digestion Yoga for When You Overeat Yoga With Adriene**

Lesson 24 : **Wind Down Yoga 12 Minute Bedtime Yoga**

Lesson 25 : **Meditation For Inner Peace Yoga With Adriene**

Lesson 26 : **Yoga For Sick Recovery**

Lesson 27 : **Shakti Power Flow Yoga With Adriene**

Lesson 28 : **Day 7 Synchronize BREATH A 30 Day Yoga Journey**

Lesson 29 : **Greet the Day Yoga Yoga With Adriene**

Lesson 30 : **Up Your Connect 20 Minute Yoga Practice**

Related courses

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for Business Contact
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