Mindluster Platform

About the course Yoga For social anxiety at home

Yoga For social anxiety, in this course you will learn how yoga can help manage and reduce symptoms of social anxiety through calming movements, breathing exercises, and mindfulness techniques. Designed for all levels, this program focuses on gentle yoga poses that soothe the nervous system, release tension, and promote relaxation. You'll practice grounding postures like Childâ€™s Pose, Warrior II, and Mountain Pose to build stability, confidence, and a sense of calm. Breathing techniques (Pranayama) and meditation will help quiet racing thoughts, improve focus, and reduce stress in social situations. By integrating mindful movement and deep breathing, this course enhances body awareness, emotional balance, and self-confidence. Perfect for anyone looking to overcome anxiety in social settings, it provides tools to feel more present, centered, and at ease. By the end of the course, youâ€™ll experience reduced anxiety levels and a calmer mind, ready to approach social interactions with greater confidence and peace.

Medical Category's Courses

Course Lesson(34)

Lesson 1 : **Gentle Relaxing Cozy Flow 20 Minute Home Yoga**

Lesson 2 : **Awaken The Artist Within 40 Minute Yoga Practice**

Lesson 3 : **Morning Yoga Yoga To Start Your Day**

Lesson 4 : **Center Day 19 Play**

Lesson 5 : **Vin Yin Relax Flow 30 Minute Yoga Practice**

Lesson 6 : **Short Wake Up Flow 15 Minute Morning Yoga**

Lesson 7 : **5 Minute Calming Breathwork**

Lesson 8 : **Foundations Of Shoulder Stand Candle Pose**

Lesson 9 : **Yoga For Forgiveness Yoga With Adriene**

Lesson 10 : **Yoga For Weight Loss Hips and Core Vinyasa Yoga With Adriene**

Lesson 11 : **Yoga Joy 20 Minute Full Body Vinyasa Flow**

Lesson 12 : **20 Minute Yoga For Beginners Start Yoga Here**

Lesson 13 : **Yoga For Your Lunch Break**

Lesson 14 : **Yoga Stretch Yoga With Adriene**

Lesson 15 : **Yoga For Weight Loss Healthy Energy Flow Yoga With Adriene**

Lesson 16 : **Yoga For Social Anxiety**

Lesson 17 : **Stillness For Stress Relief 15 Minute Meditation Yoga With Adriene**

Lesson 18 : **Core Strength Ritual Yoga With Adriene**

Lesson 19 : **TRUE Day 19 THOUGHT Yoga With Adriene**

Lesson 20 : **Yoga Pranayama for the Spine Yoga With Adriene**

Lesson 21 : **Gift of Relaxation 33 Minute Feel Good Yoga**

Lesson 22 : **Yoga For Dancers Yoga With Adriene**

Lesson 23 : **Yoga For Travel Yoga With Adriene**

Lesson 24 : **Yoga for Digestion Holiday Meal Digestion**

Lesson 25 : **8 Minute Meditation You Can Do Anywhere**

Lesson 26 : **Tree Pose Vrksasana Yoga With Adriene**

Lesson 27 : **Dedicate Day 23 Joyful**

Lesson 28 : **Yoga For Digestion Flow**

Lesson 29 : **Half Moon Pose Foundations of Yoga**

Lesson 30 : **Yoga For Gratitude**

Lesson 31 : **Yoga For Renewal 45 Minute Yoga Practice**

Lesson 32 : **Cozy Yoga Yoga With Adriene**

Lesson 33 : **Yoga For A Fresh Start Full At Home Yoga Practice**

Lesson 34 : **Vin Yin Relax Flow 30 Minute Yoga Practice**

Related courses

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