Mindluster Platform

About the course Yoga For Back Pain at home

Yoga For Back Pain, in this course you will learn gentle and effective yoga techniques to relieve back pain, improve flexibility, and strengthen supporting muscles. Designed for all levels, this program focuses on therapeutic yoga poses and mindful movements that target the spine, lower back, and surrounding areas to reduce tension and discomfort. Youâ€™ll practice postures like Cat-Cow, Childâ€™s Pose, and Bridge Pose to gently stretch the spine, release tight muscles, and improve posture. Breathing exercises (Pranayama) will be integrated to calm the mind and ease stress, which can contribute to back pain. The course also covers safe alignment techniques, core strengthening, and tips to prevent back strain in daily life. Perfect for those with chronic back pain, stiffness, or postural issues, this program can be done at home with minimal space and equipment. By the end of the course, youâ€™ll feel more flexible, pain-free, and confident in maintaining a healthy back. Join us and restore comfort to your body.

Medical Category's Courses

Course Lesson(29)

Lesson 1 : **Head Heart Reset Yoga With Adriene**

Lesson 2 : **Upper Back Love Yoga For Back Pain**

Lesson 3 : **Date Night Yoga Full Yoga Practice**

Lesson 4 : **Detox and Reset 40 Minute Yoga Practice**

Lesson 5 : **Freedom Glow Flow Yoga With Adriene**

Lesson 6 : **Yoga For Tired Feet 14 Minute Yoga Practice**

Lesson 7 : **Quick Restorative Yin Gentle Yoga Practice**

Lesson 8 : **Wind Down Yoga 12 Minute Bedtime Yoga**

Lesson 9 : **Lower Back Love Yoga For Back Pain**

Lesson 10 : **Yoga For Chefs 18 Minute Yoga**

Lesson 11 : **Confidence Boost Yoga Yoga With Adriene**

Lesson 12 : **TRUE Day 16 SELF LOVE Yoga With Adriene**

Lesson 13 : **Heart Chakra Yoga For Beginners Yoga With Adriene**

Lesson 14 : **Yoga For Weight Loss Love Yoga Flow**

Lesson 15 : **Hero Pose Virasana Foundations of Yoga**

Lesson 16 : **20 Minute Yoga For Hips Feel Good Flow**

Lesson 17 : **Yoga For Seniors Slow and Gentle Yoga**

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

Lesson 19 : **Blanket Yoga Full Yoga Relation Practice**

Lesson 20 : **Quad Release 15 minute Yoga Practice**

Lesson 21 : **Yoga PE Heart 10 Minute Yoga For Kids**

Lesson 22 : **Yoga for Vulnerability 35 Minute Home Yoga**

Lesson 23 : **Rose Yoga Heart Opening Flow**

Lesson 24 : **Yoga Party 30 Minute Home Yoga Practice**

Lesson 25 : **Self Love Yoga Full Class Yoga With Adriene**

Lesson 26 : **Revolution Day 28 Heart Practice**

Lesson 27 : **Meditation For Inner Peace Yoga With Adriene**

Lesson 28 : **Fill Your Cup Yoga 20 Minute Home Yoga**

Lesson 29 : **Yoga Kiss Total Body Flow 40 Minute Yoga Flow**

Related courses

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