Mindluster Platform

About the course Yoga for relaxation at home

Yoga for relaxation, in this course you will learn gentle yoga techniques designed to calm the mind, relax the body, and relieve stress. Suitable for all levels, this program focuses on soothing poses, deep breathing exercises, and mindfulness practices that promote a sense of peace and balance. Youâ€™ll explore restorative postures like Childâ€™s Pose, Legs-Up-The-Wall, and Savasana to release physical tension, reduce fatigue, and enhance overall relaxation. Breathing techniques (Pranayama) will help slow the heart rate, quiet racing thoughts, and bring awareness to the present moment. The course also includes guided meditations and relaxation flows to help you unwind after a long day, improve sleep quality, and recharge mentally and physically. Whether youâ€™re managing stress, looking to improve emotional balance, or seeking moments of calm, this course provides simple tools for relaxation that can be practiced at home. Join us to discover how yoga can help you de-stress, relax deeply, and restore inner harmony.

Medical Category's Courses

Course Lesson(30)

Lesson 1 : **Yoga For Strength 40 Minute Vinyasa Sequence**

Lesson 2 : **Yoga For Gratitude**

Lesson 3 : **Yoga For a Healthy Liver**

Lesson 4 : **Yoga For When You re In a Bad Mood**

Lesson 5 : **Intro to Yin Yin Yoga**

Lesson 6 : **Yoga For Your Butt and Thighs**

Lesson 7 : **Awaken The Artist Within 40 Minute Yoga Practice**

Lesson 8 : **Bedtime Yoga Sequence**

Lesson 9 : **Self Love Yoga Full Class Yoga With Adriene**

Lesson 10 : **Yoga For Sensitive Knees Yoga With Adriene**

Lesson 11 : **Yoga For Self Discipline Yoga With Adriene**

Lesson 12 : **Yoga For Chronic Pain 25 Minute Yoga**

Lesson 13 : **Morning Yoga Energizing Morning Sequence**

Lesson 14 : **Yoga For Tension Relief 28 Minute Home Yoga**

Lesson 15 : **Yoga For Anxiety and Stress**

Lesson 16 : **Balancing Flow Yoga With Adriene**

Lesson 17 : **Yoga For Climbers Flexibility Balance Yoga With Adriene**

Lesson 18 : **Yoga For Relaxation**

Lesson 19 : **Dorm Room Yoga 30 Minute Yoga Workout Video for Small Spaces**

Lesson 20 : **Yoga For Stress Management Yoga With Adriene**

Lesson 21 : **Abs Arms and Attitude Yoga For Weight Loss**

Lesson 22 : **Respect and Replenish 40 Minute Yoga Flow**

Lesson 23 : **Ahimsa Yoga Yoga With Adriene**

Lesson 24 : **Yoga For Stress Relief**

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

Lesson 26 : **Yoga For Courage 28 Minute Home Yoga**

Lesson 27 : **Yoga For Celebrating 25 Minute Yoga Practice**

Lesson 28 : **Stress Melt 26 Min Yoga Break Yoga With Adriene**

Lesson 29 : **Confidence Boost Yoga Yoga With Adriene**

Lesson 30 : **Yoga For The Future Yoga With Adriene**

Related courses

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for Business Contact
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