Mindluster Platform

About the course Full body Yoga workout at home

Full body Yoga workout at home, in this course you will learn a dynamic, full-body yoga workout designed to strengthen, tone, and stretch your entire body from the comfort of your home. Perfect for all levels, this program combines energizing yoga poses, flowing sequences, and mindful breathing to build strength, improve flexibility, and enhance balance. Youâ€™ll practice foundational postures like Downward Dog, Warrior sequences, Plank variations, and backbends to activate and engage major muscle groups, sculpting your core, arms, legs, and back. The course also integrates deep stretches and relaxation techniques to release tension, promote recovery, and boost energy levels. By blending strength-building movements with breath awareness, this routine delivers a full-body workout that supports both physical fitness and mental calmness. Whether youâ€™re looking to tone muscles, improve endurance, or simply feel more refreshed and balanced, this at-home course offers a complete approach to your well-being. Join us to transform your body and mind through the power of yoga.

Medical Category's Courses

Course Lesson(97)

Lesson 1 : **30 Days of Yoga Start Here**

Lesson 2 : **Day 1 Ease Into It 30 Days of Yoga**

Lesson 3 : **Day 2 Stretch Soothe 30 Days of Yoga**

Lesson 4 : **Day 3 Forget What You Know 30 Days of Yoga**

Lesson 5 : **Day 4 Yoga For Your Back 30 Days of Yoga**

Lesson 6 : **Day 5 FEEL ALIVE FLOW 30 Days of Yoga**

Lesson 7 : **Day 6 SIX PACK ABS 30 Days of Yoga**

Lesson 8 : **Day 7 Total Body Yoga 30 Days of Yoga**

Lesson 9 : **Day 8 Yoga For Healing Meditation 30 Days of Yoga**

Lesson 10 : **Day 9 Full Potential Detox Practice 30 Days of Yoga**

Lesson 11 : **Day 10 10 min Sun Salutation Practice 30 Days of Yoga**

Lesson 12 : **Day 11 Shakti Yoga Practice 30 Days of Yoga**

Lesson 13 : **Day 12 Yoga For Spinal Health 30 Days of Yoga**

Lesson 14 : **Day 13 Endurance Ease 30 Days Of Yoga**

Lesson 15 : **Day 14 Mindful Hatha Yoga Workout 30 Days of Yoga**

Lesson 16 : **Day 15 Half Hour Half Moon Practice 30 Days of Yoga**

Lesson 17 : **Day 16 Easy Breezy Beautiful Yoga 30 Days of Yoga**

Lesson 18 : **Day 17 Happiness Boost Yoga 30 Days of Yoga**

Lesson 19 : **Day 18 Wonder Yoga 30 Days of Yoga**

Lesson 20 : **Day 19 Breath Body Practice 30 Days of Yoga**

Lesson 21 : **Day 20 Heart Practice 30 Days of Yoga**

Lesson 22 : **Day 21 Joyful Home Practice 30 Days of Yoga**

Lesson 23 : **Day 22 Full Body Awareness 30 Days of Yoga**

Lesson 24 : **Day 23 Freedom Forgiveness 30 Days of Yoga**

Lesson 25 : **Day 24 Gentle Yummy Yoga 30 Days of Yoga**

Lesson 26 : **Day 25 Dancing Warrior Sequence 30 Days of Yoga**

Lesson 27 : **Day 26 Earth Practice Total Body Yoga 30 Days of Yoga**

Lesson 28 : **Day 27 Flexible Fearless FUN YOGA 30 Days of Yoga**

Lesson 29 : **Day 28 Playful Yoga Practice 30 Days of Yoga**

Lesson 30 : **Day 29 Sweet Surrender 30 Days of Yoga**

Lesson 31 : **Day 30 Find What Feels Good 30 Days of Yoga**

Lesson 32 : **Yoga Camp Day 1 I Accept**

Lesson 33 : **Yoga Camp Day 2 I Create**

Lesson 34 : **YOGA CAMP**

Lesson 35 : **YogaCamp Welcome Orientation**

Lesson 36 : **Yoga Camp Day 1 I Accept**

Lesson 37 : **Yoga Camp Day 2 I Create**

Lesson 38 : **Yoga Camp Day 3 I Embrace**

Lesson 39 : **Yoga Camp Day 4 I Awaken**

Lesson 40 : **Yoga Camp Day 5 I Am Alive**

Lesson 41 : **Yoga Camp Day 6 I Am Supported Six Pack Abs**

Lesson 42 : **Yoga Camp Day 7 I Am Capable**

Lesson 43 : **Yoga Camp Day 8 I Choose**

Lesson 44 : **Yoga Camp Day 9 I Am Bold**

Lesson 45 : **Yoga Camp Day 10 I Am Present**

Lesson 46 : **Yoga Camp Day 11 I Release**

Lesson 47 : **Yoga Camp Day 12 I Trust**

Lesson 48 : **Yoga Camp Day 13 I Deserve**

Lesson 49 : **Yoga Camp Day 14 Go With The Flow**

Lesson 50 : **Yoga Camp Day 15 I Am Open**

Lesson 51 : **Yoga Camp Day 16 I Enjoy**

Lesson 52 : **Yoga Camp Day 17 I Am Focused**

Lesson 53 : **Yoga Camp Day 18 I Surrender**

Lesson 54 : **Yoga Camp Day 19 I Respect**

Lesson 55 : **Yoga Camp Day 20 I Am Worthy**

Lesson 56 : **Yoga Camp Day 21 I Believe**

Lesson 57 : **Yoga Camp Day 22 I Surround Myself With**

Lesson 58 : **Yoga Camp Day 23 I Am Secure**

Lesson 59 : **Yoga Camp Day 24 I Am In Control**

Lesson 60 : **Yoga Camp Day 25 I Am Strong**

Lesson 61 : **Yoga Camp Day 26 I Attract**

Lesson 62 : **Yoga Camp Day 27 I Am Grateful**

Lesson 63 : **Yoga Camp Day 28 I Celebrate**

Lesson 64 : **Yoga Camp Day 29 I Love**

Lesson 65 : **Yoga Camp Day 30 It s All You**

Lesson 66 : **Revolution 31 Days of Yoga**

Lesson 67 : **Revolution Day 1 Practice Ease Yoga With Adriene**

Lesson 68 : **Revolution Day 2 Practice Intention Yoga With Adriene**

Lesson 69 : **Revolution Day 3 Honor Practice**

Lesson 70 : **Revolution Day 4 PRANA Practice Yoga With Adriene**

Lesson 71 : **Revolution Day 5 Practice Rhythm**

Lesson 72 : **Revolution Day 6 Attention and Abs Practice**

Lesson 73 : **Revolution Day 7 Stability Practice**

Lesson 74 : **Revolution Day 8 Practice Serenity**

Lesson 75 : **Revolution Day 9 Empower Practice**

Lesson 76 : **Revolution Day 10 Thoughtful Practice**

Lesson 77 : **Revolution Day 11 Align Practice Yoga With Adriene**

Lesson 78 : **Revolution Day 12 In Sync Practice Yoga With Adriene**

Lesson 79 : **Revolution Day 13 Practice Opening**

Lesson 80 : **Revolution Day 14 Forgiveness Practice Yoga With Adriene**

Lesson 81 : **Revolution Day 15 Fearless Practice**

Lesson 82 : **Revolution Day 16 Sweet Practice**

Lesson 83 : **Revolution Day 17 Practice Stillness**

Lesson 84 : **Revolution Day 18 Balancing Practice**

Lesson 85 : **Revolution Day 19 Light Practice**

Lesson 86 : **Revolution Day 20 Practice Peace**

Lesson 87 : **Revolution Day 21 Practice Strength**

Lesson 88 : **Revolution Day 22 Gentle Practice**

Lesson 89 : **Revolution Day 23 Discipline Practice**

Lesson 90 : **Revolution Day 24 Practice Patience**

Lesson 91 : **Revolution Day 25 Root Practice**

Lesson 92 : **Revolution Day 26 Creativity Practice**

Lesson 93 : **Revolution Day 27 Self Practice**

Lesson 94 : **Revolution Day 28 Heart Practice**

Lesson 95 : **Revolution Day 29 Truth Practice**

Lesson 96 : **Revolution Day 30 Intuition Practice**

Lesson 97 : **Revolution Day 31 Practice Presence**

Related courses

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for Business Contact
business@mindluster.com