Mindluster Platform

About the course Yoga for flexible mind

Yoga for flexible mind, in this course is designed to enhance both physical flexibility and mental clarity through the power of yoga. You will learn a series of carefully curated poses, gentle stretches, and mindful breathing techniques to improve joint mobility, release tension, and increase overall body flexibility. Alongside the physical benefits, the course focuses on mental relaxation through guided meditation and mindfulness practices, helping to calm the mind, reduce stress, and boost focus. Perfect for all levels, these sessions will teach you how to synchronize breath with movement to achieve greater balance, strength, and flexibility. Whether you are looking to ease stiffness, improve posture, or achieve a more centered state of mind, this course provides practical tools to transform your daily well-being. Join us on this journey to experience a flexible body and a peaceful, resilient mind, creating harmony between movement and mindfulness.

Medical Category's Courses

Course Lesson(31)

Lesson 1 : **Foundations Of Shoulder Stand Candle Pose**

Lesson 2 : **Yoga for Flexible Mind and Body**

Lesson 3 : **Airport Yoga 13 Minute Travel Yoga Practice**

Lesson 4 : **25 Minute Upper Body Yoga Feel Good Flow**

Lesson 5 : **Morning Yoga On The Road Yoga for Travel**

Lesson 6 : **Yoga for Inner Space Travel 14 Minute Vinyasa Flow**

Lesson 7 : **Yoga For When You Are Stuck 15 Minute Yoga Practice**

Lesson 8 : **Yoga Flow 20 Minute Vinyasa Sequence Yoga With Adriene**

Lesson 9 : **Yoga For Equestrians 33 Minute Home Yoga Practice**

Lesson 10 : **Heart And Hips Practice Hands Free Yoga Yoga With Adriene**

Lesson 11 : **Runner s Lunge Foundations of Yoga**

Lesson 12 : **5 Minute Full Body Stretch Total Body Yoga**

Lesson 13 : **Yoga For Cyclists Yoga With Adriene**

Lesson 14 : **Reunite With Your Body 19 Minute Total Body Yoga**

Lesson 15 : **Reunite With Your Center 19 Minute Yoga for Core**

Lesson 16 : **Reunite With Your Breath 19 Minute Breath Practice**

Lesson 17 : **Yoga For Creating Space Yoga With Adriene**

Lesson 18 : **High Lunge Yoga Pose Yoga With Adriene**

Lesson 19 : **Street Yoga Yoga You Can Do Anywhere**

Lesson 20 : **Yoga For A Fresh Start Full At Home Yoga Practice**

Lesson 21 : **Travel Yoga Revitalizing Flow**

Lesson 22 : **Freedom Flow Yoga With Adriene**

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

Lesson 24 : **Brain Body Balance 22 minute Yoga Practice**

Lesson 25 : **6 Minute Yoga For Hips**

Lesson 26 : **6 Minute Yoga Chill Relaxing Yoga Yoga With Adriene**

Lesson 27 : **7 Minute Yoga Boost Yoga With Adriene**

Lesson 28 : **Day 26 Expand BREATH A 30 Day Yoga Journey**

Lesson 29 : **Take 5 Yoga Break Yoga Quickies**

Lesson 30 : **Love Wins Yoga**

Lesson 31 : **Freedom Glow Flow Yoga With Adriene**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com