Mindluster Platform

About the course Yoga for strength and Focus

Yoga for strength and Focus, in this course combines dynamic yoga sequences and mindfulness practices to build physical strength and enhance mental focus. You will learn powerful poses such as Warrior, Plank, and Tree Pose to strengthen muscles, improve balance, and increase endurance. Alongside these physical exercises, the course integrates breath control and guided meditation techniques to sharpen concentration, reduce distractions, and promote mental clarity. Perfect for all levels, these sessions are designed to challenge your body while calming your mind, helping you develop resilience and inner discipline. Whether youâ€™re an athlete looking to improve performance, a professional seeking better focus, or someone striving for overall wellness, this course offers practical tools to transform your physical and mental abilities. Join us to experience a stronger, more focused version of yourself, and bring balance, energy, and mindfulness into your daily life.

Medical Category's Courses

Course Lesson(30)

Lesson 1 : **Revolution Day 30 Intuition Practice**

Lesson 2 : **Movement Medicine Energy Practice Yoga With Adriene**

Lesson 3 : **Movement Medicine Calming Practice Yoga With Adriene**

Lesson 4 : **Yoga for Strength and Focus**

Lesson 5 : **Third Chakra Yoga Show Your Gold**

Lesson 6 : **Day 8 Yoga For Healing Meditation 30 Days of Yoga**

Lesson 7 : **Yoga Camp Day 10 I Am Present**

Lesson 8 : **Yoga For Gut Health 18 Minute Home Yoga Practice**

Lesson 9 : **Meditation For Inner Peace Yoga With Adriene**

Lesson 10 : **Yoga For Creativity 40 Minute Yoga Practice**

Lesson 11 : **Yoga For Gratitude**

Lesson 12 : **Yoga For Diabetes Yoga With Adriene**

Lesson 13 : **10 Minute Balancing Breathwork**

Lesson 14 : **Yoga For Musicians Yoga With Adriene**

Lesson 15 : **Heart Chakra Yoga For Beginners Yoga With Adriene**

Lesson 16 : **Quick Restorative Yin Gentle Yoga Practice**

Lesson 17 : **Yoga Belly 30 Minute Yoga Practice**

Lesson 18 : **Yoga For Self Discipline Yoga With Adriene**

Lesson 19 : **Core Power Wake Up Yoga With Adriene**

Lesson 20 : **Peaceful Warrior Yoga Yoga With Adriene**

Lesson 21 : **Throat Chakra Yoga 20 Minute Yoga Practice**

Lesson 22 : **Meditation for Learning 12 Minute Guided Meditation**

Lesson 23 : **Yoga For Writers 30 Minute Yoga Practice**

Lesson 24 : **Yoga For Self Doubt Yoga With Adriene**

Lesson 25 : **Balancing Flow Yoga With Adriene**

Lesson 26 : **Airport Yoga 13 Minute Travel Yoga Practice**

Lesson 27 : **Yoga For Beginners Mind Yoga With Adriene**

Lesson 28 : **Meditation for Self Love 13 Minute Guided Meditation**

Lesson 29 : **Finding Your Center Yoga With Adriene**

Lesson 30 : **Yoga For Stress Relief**

Related courses

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Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com