Mindluster Platform

About the course Yoga For anxiety and stress

Yoga For anxiety and stress, in this course is designed to help you manage anxiety and stress through gentle yoga practices, calming breathwork, and mindfulness techniques. You will learn specific poses such as Childâ€™s Pose, Forward Fold, and Legs-Up-The-Wall, which release physical tension and soothe the nervous system. Combined with breath awareness and guided meditation, these practices promote relaxation, reduce cortisol levels, and help you regain mental clarity and emotional balance. Each session focuses on creating a safe, nurturing environment to ease anxious thoughts and cultivate inner calm. Whether you're a beginner or an experienced practitioner, this course offers tools to improve your well-being, strengthen mind-body awareness, and build resilience against daily stressors. By the end of this journey, you will feel more grounded, relaxed, and equipped with techniques to manage stress and anxiety effectively in everyday life.

Medical Category's Courses

Course Lesson(31)

Lesson 1 : **5 Minute Full Body Stretch Total Body Yoga**

Lesson 2 : **Healthy Body Yoga Yoga With Adriene**

Lesson 3 : **Yoga PE Mind 12 Minute Yoga For Kids**

Lesson 4 : **Yoga For Hips Lower Back Release Yoga With Adriene**

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

Lesson 6 : **Awaken The Artist Within 40 Minute Yoga Practice**

Lesson 7 : **Balancing Ocean Flow Yoga With Adriene**

Lesson 8 : **Feel Good Flow Yoga With Adriene**

Lesson 9 : **Morning Yoga Flow 20 Minute Morning Yoga Practice**

Lesson 10 : **Yoga For Anxiety and Stress**

Lesson 11 : **Yoga For Renewal 45 Minute Yoga Practice**

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

Lesson 13 : **Yoga For A Fresh Start Full At Home Yoga Practice**

Lesson 14 : **Rose Yoga Heart Opening Flow**

Lesson 15 : **Quick Restorative Yin Gentle Yoga Practice**

Lesson 16 : **Yoga For Risk Takers**

Lesson 17 : **Yoga for When You Are Feeling Scared Yoga With Adriene**

Lesson 18 : **Core Restore 27 Minute Yoga For Your Core**

Lesson 19 : **Abs Arms and Attitude Yoga For Weight Loss**

Lesson 20 : **Heart And Hips Practice Hands Free Yoga Yoga With Adriene**

Lesson 21 : **8 Minute Meditation You Can Do Anywhere**

Lesson 22 : **Yoga For Gardeners Yoga With Adriene**

Lesson 23 : **Rebirth Yoga 24 Minute Yoga Flow**

Lesson 24 : **Yoga To Feel Your Best 22 Minute Home Yoga**

Lesson 25 : **Gentle Yoga 25 Minute Morning Yoga Sequence Yoga With Adriene**

Lesson 26 : **Deepen Flow Yoga With Adriene**

Lesson 27 : **Head Heart Reset Yoga With Adriene**

Lesson 28 : **Bedtime Yoga Sequence**

Lesson 29 : **Ahimsa Yoga Yoga With Adriene**

Lesson 30 : **Yoga for Flexible Mind and Body**

Lesson 31 : **25 Minute Upper Body Yoga Feel Good Flow**

Related courses

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