Mindluster Platform

About the course Yoga For Hips at home

Yoga For Hips, in this course is designed to focus on unlocking and relieving tension in the hip area through targeted yoga poses, gentle stretches, and mindful breathing techniques. Tight hips, often caused by prolonged sitting, stress, or physical activity, can restrict mobility and cause discomfort. In this course, youâ€™ll learn poses such as Pigeon Pose, Butterfly Pose, Lizard Pose, and Garland Pose to open the hips, stretch the surrounding muscles, and improve flexibility. These practices will also help release emotional tension stored in the hips, promote better posture, and enhance overall movement. By incorporating breathwork and mindful awareness, youâ€™ll achieve a deeper connection to your body, reducing stress and discomfort. Whether you're a beginner or experienced in yoga, this course will help you build strength, improve range of motion, and find freedom in your hips. Join us and experience how hip-focused yoga can bring relief, flexibility, and balance to your daily life.

Medical Category's Courses

Course Lesson(34)

Lesson 1 : **Yoga Breathing Alternate Nostril Breathing**

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

Lesson 3 : **Yoga For Relaxation**

Lesson 4 : **Fill Your Cup Yoga 20 Minute Home Yoga**

Lesson 5 : **Yoga For Lymphatic Flow**

Lesson 6 : **Lion s Breath Foundations of Yoga**

Lesson 7 : **Yoga to Calm Your Nerves Calming Yoga Yoga with Adriene**

Lesson 8 : **Ujjayi Breathing Yoga with Adriene**

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

Lesson 10 : **Yoga Pranayama for the Spine Yoga With Adriene**

Lesson 11 : **Stillness For Stress Relief 15 Minute Meditation Yoga With Adriene**

Lesson 12 : **10 Minute Yoga For Self Care Restorative Yoga Yoga With Adriene**

Lesson 13 : **Blanket Yoga Full Yoga Relation Practice**

Lesson 14 : **Yoga Morning Fresh 35 Minute Morning Yoga Yoga With Adriene**

Lesson 15 : **Gentle Yoga 25 Minute Morning Yoga Sequence Yoga With Adriene**

Lesson 16 : **Yoga For When You re Angry**

Lesson 17 : **20 Minute Yoga For Hips Feel Good Flow**

Lesson 18 : **20 Minute Yoga for Abs Feel Good Flow**

Lesson 19 : **Cozy Yoga Yoga With Adriene**

Lesson 20 : **Yoga For Anxiety and Stress**

Lesson 21 : **Reunite With Your Breath 19 Minute Breath Practice**

Lesson 22 : **Yoga For New Beginnings Yoga With Adriene**

Lesson 23 : **Yoga To Feel Your Best 22 Minute Home Yoga**

Lesson 24 : **Yoga Joy 20 Minute Full Body Vinyasa Flow**

Lesson 25 : **Meditation for Self Love 13 Minute Guided Meditation**

Lesson 26 : **Heart Chakra Yoga For Beginners Yoga With Adriene**

Lesson 27 : **Throat Chakra Yoga 20 Minute Yoga Practice**

Lesson 28 : **Gift of Relaxation 33 Minute Feel Good Yoga**

Lesson 29 : **Reunite With Your Body 19 Minute Total Body Yoga**

Lesson 30 : **8 Minute Meditation You Can Do Anywhere**

Lesson 31 : **Gentle Relaxing Cozy Flow 20 Minute Home Yoga**

Lesson 32 : **Self Love Yoga Full Class Yoga With Adriene**

Lesson 33 : **Yoga For Celebrating 25 Minute Yoga Practice**

Lesson 34 : **Yoga For A Fresh Start Full At Home Yoga Practice**

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business@mindluster.com