Mindluster Platform

About the course Yoga workout at home

Yoga workout, in this course is designed to provide a balanced, full-body yoga experience that strengthens the body, enhances flexibility, and calms the mind. You will learn a combination of energizing poses, such as Warrior, Downward Dog, and Plank, to build strength and endurance, alongside gentle stretches that improve mobility and release tension. The course also incorporates breathwork and mindfulness practices to promote relaxation, reduce stress, and boost mental clarity. Perfect for all levels, the sessions will help tone muscles, improve posture, and create harmony between mind and body. Whether you're looking to build core strength, increase flexibility, or find a mindful workout routine, this course offers a transformative practice you can integrate into your daily life. By the end, youâ€™ll feel stronger, more focused, and re-energized with a sense of inner calm and balance. Join us to experience the benefits of yoga as a complete workout for both body and mind.

Medical Category's Courses

Course Lesson(32)

Lesson 1 : **CENTER A 30 Day Yoga Journey**

Lesson 2 : **Center Day 0 Welcome**

Lesson 3 : **Center Day 1 Show Up**

Lesson 4 : **Center Day 2 Listen**

Lesson 5 : **Center Day 3 Shift**

Lesson 6 : **Center Day 4 Root**

Lesson 7 : **Center Day 5 Hug**

Lesson 8 : **Center Day 6 Fan**

Lesson 9 : **Center Day 7 Flow**

Lesson 10 : **Center Day 8 Melt**

Lesson 11 : **Center Day 9 CorazÃ³n**

Lesson 12 : **Center Day 10 Energy**

Lesson 13 : **Center Day 11 Rinse**

Lesson 14 : **Center Day 12 Unwind**

Lesson 15 : **Center Day 13 Trust**

Lesson 16 : **Center Day 14 Stretch**

Lesson 17 : **Center Day 15 Reset**

Lesson 18 : **Center Day 16 Kind**

Lesson 19 : **Center Day 17 Move**

Lesson 20 : **Center Day 18 Gaze**

Lesson 21 : **Center Day 19 Play**

Lesson 22 : **Center Day 20 Restore**

Lesson 23 : **Center Day 21 Strength**

Lesson 24 : **Center Day 22 Align**

Lesson 25 : **Center Day 23 Soar**

Lesson 26 : **Center Day 24 Explore**

Lesson 27 : **Center Day 25 Amor**

Lesson 28 : **Center Day 26 Connect**

Lesson 29 : **Center Day 27 Yin**

Lesson 30 : **Center Day 28 Freedom**

Lesson 31 : **Center Day 29 Pleasure**

Lesson 32 : **Center Day 30 Return**

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