Mindluster Platform

About the course Yoga For scoliosis at home

Course Presenter : Yoga With Adriene

Yoga For scoliosis, in this course is specifically designed to help individuals with scoliosis improve spinal alignment, reduce discomfort, and build strength through gentle and targeted yoga practices. You will learn poses that focus on elongating the spine, balancing asymmetries, and relieving muscle tension, such as Mountain Pose, Cat-Cow, and side stretches. The course incorporates mindful breathing techniques to promote relaxation and reduce stress, which can exacerbate tension in the body. Each session is carefully structured to address imbalances caused by spinal curvature, helping improve posture, enhance flexibility, and strengthen core and back muscles for better support. Perfect for beginners and those familiar with yoga, this course offers a safe, supportive environment to practice movements that bring balance and relief to your body. By the end, you will gain tools to manage scoliosis-related discomfort and cultivate greater physical and mental well-being. Join us to experience the healing power of yoga for scoliosis. Yoga With Adriene

Medical Category's Courses

Course Lesson(28)

Lesson 1 : **Yoga For New Beginnings Yoga With Adriene**

Lesson 2 : **Yoga For Neck Shoulders Upper Back 10 Minute Yoga Quickie**

Lesson 3 : **Yoga For Scoliosis Yoga With Adriene**

Lesson 4 : **Heart Chakra Yoga For Beginners Yoga With Adriene**

Lesson 5 : **Yoga for Flexible Mind and Body**

Lesson 6 : **Core Restore 27 Minute Yoga For Your Core**

Lesson 7 : **Up Your Connect 20 Minute Yoga Practice**

Lesson 8 : **Yoga For Weight Loss Love Yoga Flow**

Lesson 9 : **Rose Yoga Heart Opening Flow**

Lesson 10 : **Confidence Boost Yoga Yoga With Adriene**

Lesson 11 : **Self Love Yoga Full Class Yoga With Adriene**

Lesson 12 : **Yoga To Shift Perspective 20 Minute Yoga Flow**

Lesson 13 : **Date Night Yoga Full Yoga Practice**

Lesson 14 : **Meditation for Self Love 13 Minute Guided Meditation**

Lesson 15 : **Yoga For Creating Space Yoga With Adriene**

Lesson 16 : **Head Heart Reset Yoga With Adriene**

Lesson 17 : **Core Power Wake Up Yoga With Adriene**

Lesson 18 : **No Fear Yoga Yoga With Adriene**

Lesson 19 : **Yoga For Text Neck Yoga With Adriene**

Lesson 20 : **10 Minute Yoga For Self Care Restorative Yoga Yoga With Adriene**

Lesson 21 : **Yoga For Flexibility 16 Minute Practice**

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

Lesson 23 : **Yoga For The Spine Yoga With Adriene**

Lesson 24 : **Balancing Flow Yoga With Adriene**

Lesson 25 : **Reunite With Your Body 19 Minute Total Body Yoga**

Lesson 26 : **Reunite With Your Breath 19 Minute Breath Practice**

Lesson 27 : **Upper Back Love Yoga For Back Pain**

Lesson 28 : **Reunite With Your Center 19 Minute Yoga for Core**

Related courses

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