Mindluster Platform

About the course Yoga For upper body strength

Yoga For upper body strength, in this course is designed to build strength, stability, and endurance in the arms, shoulders, chest, and core through targeted yoga practices. You will learn powerful poses such as Plank, Downward Dog, Chaturanga, and Side Plank that engage and tone upper body muscles while improving balance and alignment. Each session incorporates dynamic flows and holds that strengthen your shoulders, enhance arm endurance, and stabilize your core, creating a solid foundation for overall strength. Breathwork and mindful movement will help you stay focused, reduce tension, and prevent strain while building resilience and flexibility. Whether youâ€™re a beginner or an experienced yogi, this course offers modifications and progressions for all levels. By the end of the course, you will notice improved posture, toned muscles, and increased upper body strength that supports your daily activities and enhances your overall yoga practice. Join us and discover the power of yoga to strengthen and energize your upper body

Medical Category's Courses

Course Lesson(31)

Lesson 1 : **Yoga For Risk Takers**

Lesson 2 : **Full Body Flow 20 Minute Yoga Practice**

Lesson 3 : **Yoga For Upper Body Strength 13 Minute Home Yoga**

Lesson 4 : **Yoga For Courage 28 Minute Home Yoga**

Lesson 5 : **Compassion Yoga Core Strength Vinyasa Yoga With Adriene**

Lesson 6 : **Root To Rise Yoga 30 Minute Morning Yoga**

Lesson 7 : **20 Minute Yoga for Abs Feel Good Flow**

Lesson 8 : **Yoga for Vulnerability 35 Minute Home Yoga**

Lesson 9 : **Yoga For Dancers Yoga With Adriene**

Lesson 10 : **Fundamentals of Ease 35 Minute Home Yoga**

Lesson 11 : **Peaceful Warrior Yoga Yoga With Adriene**

Lesson 12 : **Yoga For Creativity 40 Minute Yoga Practice**

Lesson 13 : **Yoga For Strength 40 Minute Vinyasa Sequence**

Lesson 14 : **Yoga For Brain Power 12 Minute Home Yoga Practice**

Lesson 15 : **Brain Body Balance 22 minute Yoga Practice**

Lesson 16 : **Confidence Boost Yoga Yoga With Adriene**

Lesson 17 : **Rainbow Yoga Yoga For All Ages 17 Minute Yoga Practice**

Lesson 18 : **Yoga Joy 20 Minute Full Body Vinyasa Flow**

Lesson 19 : **Rebirth Yoga 24 Minute Yoga Flow**

Lesson 20 : **Yoga For Renewal 45 Minute Yoga Practice**

Lesson 21 : **Morning Yoga Flow 20 Minute Morning Yoga Practice**

Lesson 22 : **Wake Up Yoga 11 Minute Morning Yoga Practice**

Lesson 23 : **Morning Yoga Yoga To Start Your Day**

Lesson 24 : **Gentle Yoga 25 Minute Morning Yoga Sequence Yoga With Adriene**

Lesson 25 : **Sunrise Yoga 15 Minute Morning Yoga Practice**

Lesson 26 : **Yoga Morning Fresh 35 Minute Morning Yoga Yoga With Adriene**

Lesson 27 : **Yoga For A Fresh Start Full At Home Yoga Practice**

Lesson 28 : **Reunite With Your Body 19 Minute Total Body Yoga**

Lesson 29 : **Reunite With Your Breath 19 Minute Breath Practice**

Lesson 30 : **Reunite With Your Center 19 Minute Yoga for Core**

Lesson 31 : **Yoga For Change And Drain**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com