Mindluster Platform

About the course Yoga to Shift Perspective

Yoga to Shift Perspective , in this course discover how yoga can transform your mindset and outlook on life. Through mindful movements, breathing techniques, and meditation practices, this course helps you break free from limiting thoughts and gain a fresh perspective. Explore energizing postures like inversions and grounding flows that encourage you to see challenges from new angles. Learn to release tension, cultivate gratitude, and shift your focus towards clarity and positivity. Whether you're looking to overcome stress, spark creativity, or simply refresh your mental state, this course provides tools to align body and mind. By the end, youâ€™ll develop a deeper awareness, a calmer mind, and the ability to approach life with renewed confidence and insight.

Medical Category's Courses

Course Lesson(31)

Lesson 1 : **Yoga for Beginners Foundations of Flow**

Lesson 2 : **Yoga for Flexible Mind and Body**

Lesson 3 : **Sun Salutation B Surya Namaskara B**

Lesson 4 : **Yoga Wash Detox Flow Yoga With Adriene**

Lesson 5 : **Yoga Flow 20 Minute Vinyasa Sequence Yoga With Adriene**

Lesson 6 : **Yoga For Creativity 40 Minute Yoga Practice**

Lesson 7 : **Rose Yoga Heart Opening Flow**

Lesson 8 : **Morning Yoga Flow 20 Minute Morning Yoga Practice**

Lesson 9 : **Yoga For Brain Power 12 Minute Home Yoga Practice**

Lesson 10 : **Yoga For Writers 30 Minute Yoga Practice**

Lesson 11 : **Yoga To Get The Juices Flowing Morning Yoga Yoga With Adriene**

Lesson 12 : **Let It Go Yoga Flow Yoga With Adriene**

Lesson 13 : **Awaken The Artist Within 40 Minute Yoga Practice**

Lesson 14 : **Moon Practice 15 Minute Home Yoga**

Lesson 15 : **25 Minute Upper Body Yoga Feel Good Flow**

Lesson 16 : **Side Body Flow Yoga With Adriene**

Lesson 17 : **Yoga For Weight Loss Love Yoga Flow**

Lesson 18 : **Yoga For A Dull Moment Yoga With Adriene**

Lesson 19 : **Anchor In Hope 18 Minute Yoga Flow**

Lesson 20 : **Deepen Flow Yoga With Adriene**

Lesson 21 : **Yoga Morning Fresh 35 Minute Morning Yoga Yoga With Adriene**

Lesson 22 : **Healthy Body Yoga Yoga With Adriene**

Lesson 23 : **Full Body Flow 20 Minute Yoga Practice**

Lesson 24 : **20 Minute Yoga for Abs Feel Good Flow**

Lesson 25 : **5 Minute Morning Yoga**

Lesson 26 : **Travel Yoga Revitalizing Flow**

Lesson 27 : **Balancing Ocean Flow Yoga With Adriene**

Lesson 28 : **Yoga For Weight Loss Hips and Core Vinyasa Yoga With Adriene**

Lesson 29 : **Feel Good Flow Yoga With Adriene**

Lesson 30 : **Yoga To Shift Perspective 20 Minute Yoga Flow**

Lesson 31 : **20 Minute Yoga For Beginners Start Yoga Here**

Related courses

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