Mindluster Platform

About the course Morning Yoga Journey for beginners

Morning Yoga Journey, in this course Start your day with energy and mindfulness through the Morning Yoga Journey course. This course offers a series of invigorating and calming yoga practices designed to awaken your body, improve flexibility, and set a positive tone for your day. You'll explore gentle stretches, dynamic flows, and mindful breathing techniques to boost energy and focus. Each session is crafted to align your mind and body, promoting a sense of calm and readiness to tackle daily challenges. Perfect for all levels, this course helps create a morning routine that nurtures both physical and mental well-being. By the end of the journey, you'll feel more energized, balanced, and prepared to embrace your day with confidence and peace.

Medical Category's Courses

Course Lesson(31)

Lesson 1 : **Welcome to MOVE A 30 Day Yoga Journey Yoga With Adriene**

Lesson 2 : **Day 1 Here MOVE A 30 Day Yoga Journey**

Lesson 3 : **Day 2 Open MOVE A 30 Day Yoga Journey**

Lesson 4 : **Day 3 Stretch MOVE A 30 Day Yoga Journey**

Lesson 5 : **Day 4 Flow MOVE A 30 Day Yoga Journey**

Lesson 6 : **Day 5 Deepen MOVE A 30 Day Yoga Journey**

Lesson 7 : **Day 6 Light MOVE A 30 Day Yoga Journey**

Lesson 8 : **Day 7 Nourish MOVE A 30 Day Yoga Journey**

Lesson 9 : **Day 8 Rest MOVE A 30 Day Yoga Journey**

Lesson 10 : **Day 9 Curiosity MOVE A 30 Day Yoga Journey**

Lesson 11 : **Day 10 Uplift MOVE A 30 Day Yoga Journey**

Lesson 12 : **Day 11 Mobility MOVE A 30 Day Yoga Journey**

Lesson 13 : **Day 12 Focus MOVE A 30 Day Yoga Journey**

Lesson 14 : **Day 13 Flight MOVE A 30 Day Yoga Journey**

Lesson 15 : **Day 14 Closer MOVE A 30 Day Yoga Journey**

Lesson 16 : **Day 15 Reset MOVE A 30 Day Yoga Journey**

Lesson 17 : **Day 16 Anchor MOVE A 30 Day Yoga Journey**

Lesson 18 : **Day 17 Snuggle MOVE A 30 Day Yoga Journey**

Lesson 19 : **Day 18 Savor MOVE A 30 Day Yoga Journey**

Lesson 20 : **Day 19 Explore MOVE A 30 Day Yoga Journey**

Lesson 21 : **Day 20 Ritual MOVE A 30 Day Yoga Journey**

Lesson 22 : **Day 21 Connect MOVE A 30 Day Yoga Journey**

Lesson 23 : **Day 22 Courage MOVE A 30 Day Yoga Journey**

Lesson 24 : **Day 23 Soften MOVE A 30 Day Yoga Journey**

Lesson 25 : **Day 24 Process MOVE A 30 Day Yoga Journey**

Lesson 26 : **Day 25 Release MOVE A 30 Day Yoga Journey**

Lesson 27 : **Day 26 Love MOVE A 30 Day Yoga Journey**

Lesson 28 : **Day 27 Strong MOVE A 30 Day Yoga Journey**

Lesson 29 : **Move Day 28 TLC**

Lesson 30 : **Move Day 29 Trust**

Lesson 31 : **Move Day 30 Choose**

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