Mindluster Platform

About the course Yoga for vertigo at home

Yoga for vertigo, in this course is designed to help individuals manage vertigo and improve balance through yoga. Participants will explore gentle poses, breathing exercises, and relaxation techniques aimed at reducing dizziness and enhancing stability. The course includes practices that promote circulation to the head and neck, strengthen the nervous system, and calm the mind. Poses like Tadasana (Mountain Pose) and Vrikshasana (Tree Pose) are incorporated to improve focus and equilibrium. Suitable for all levels, the course offers step-by-step guidance to safely practice yoga while addressing the challenges of vertigo. By the end of this course, you'll experience improved coordination, reduced vertigo symptoms, and a greater sense of confidence in movement and overall well-being.

Medical Category's Courses

Course Lesson(32)

Lesson 1 : **Yoga To Shift Perspective 20 Minute Yoga Flow**

Lesson 2 : **Yoga For Concentration and Mental Focus Yoga With Adriene**

Lesson 3 : **Yoga for Vertigo 15 Minute Yoga**

Lesson 4 : **Third Chakra Yoga Show Your Gold**

Lesson 5 : **Gift of Relaxation 33 Minute Feel Good Yoga**

Lesson 6 : **Brain Body Balance 22 minute Yoga Practice**

Lesson 7 : **Yoga For Courage 28 Minute Home Yoga**

Lesson 8 : **Gentle Relaxing Cozy Flow 20 Minute Home Yoga**

Lesson 9 : **Yoga For Upper Body Strength 13 Minute Home Yoga**

Lesson 10 : **Yoga for Digestion Holiday Meal Digestion**

Lesson 11 : **Yoga For Uncertainty 50 Minute Yoga Practice**

Lesson 12 : **Grounding Into Gratitude Root Chakra Yoga Yoga With Adriene**

Lesson 13 : **Yoga For Beginners Mind Yoga With Adriene**

Lesson 14 : **Core Power Wake Up Yoga With Adriene**

Lesson 15 : **Heart Chakra Yoga For Beginners Yoga With Adriene**

Lesson 16 : **Throat Chakra Yoga 20 Minute Yoga Practice**

Lesson 17 : **Yoga For Transitions 20 Minute Home Yoga**

Lesson 18 : **Confidence Boost Yoga Yoga With Adriene**

Lesson 19 : **Yoga Party 30 Minute Home Yoga Practice**

Lesson 20 : **Yoga For Gut Health 18 Minute Home Yoga Practice**

Lesson 21 : **Yoga For Social Anxiety**

Lesson 22 : **Stress Melt 26 Min Yoga Break Yoga With Adriene**

Lesson 23 : **Blanket Yoga Full Yoga Relation Practice**

Lesson 24 : **Yoga Joy 20 Minute Full Body Vinyasa Flow**

Lesson 25 : **Cozy Yoga Yoga With Adriene**

Lesson 26 : **Yoga For Digestion Flow**

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

Lesson 28 : **Yoga For Self Respect 20 Minute Practice**

Lesson 29 : **Yoga To Heal Stress 20 Minute Yoga Practice**

Lesson 30 : **Anchor In Hope 18 Minute Yoga Flow**

Lesson 31 : **Yoga For New Beginnings Yoga With Adriene**

Lesson 32 : **Brain Body Balance 22 minute Yoga Practice**

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for Business Contact
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