Mindluster Platform

# About the course Yoga for self respect at home

Yoga for self respect, in this course is designed to empower individuals to cultivate self-respect and build a positive relationship with themselves through yoga. Participants will engage in gentle poses, mindful breathing techniques, and guided meditations that promote self-awareness and emotional balance. The course emphasizes accepting and celebrating oneself, fostering confidence, and enhancing self-worth. Through carefully designed practices, you'll learn to reconnect with your inner strength and develop a sense of pride and value in your unique abilities. Suitable for all levels, this course provides a supportive environment to embrace your true self and build lasting self-respect, positively impacting your personal and social life.

**Medical Category's Courses**

# Course Lesson(31)

Lesson 1 : **Yoga For Strength 40 Minute Vinyasa Sequence**

Lesson 2 : **Morning Yoga Flow 20 Minute Morning Yoga Practice**

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

Lesson 4 : **Yoga For Self Respect 20 Minute Practice**

Lesson 5 : **Yoga For Beginners Mind Yoga With Adriene**

Lesson 6 : **Yoga For Psoas Yoga With Adriene**

Lesson 7 : **Confidence Boost Yoga Yoga With Adriene**

Lesson 8 : **Deepen Flow Yoga With Adriene**

Lesson 9 : **Peaceful Warrior Yoga Yoga With Adriene**

Lesson 10 : **Yoga For Beginners A Little Goes a Long Way**

Lesson 11 : **Yoga For Equestrians 33 Minute Home Yoga Practice**

Lesson 12 : **Yoga For Swimmers Yoga With Adriene**

Lesson 13 : **Yoga For When You re In a Bad Mood**

Lesson 14 : **Yoga for Strength and Focus**

Lesson 15 : **Greet the Day Yoga Yoga With Adriene**

Lesson 16 : **Yoga for Flexible Mind and Body**

Lesson 17 : **Yoga For Forgiveness Yoga With Adriene**

Lesson 18 : **Side Body Flow Yoga With Adriene**

Lesson 19 : **Revolved Side Angle Pose 20 Minute Practice Yoga With Adriene**

Lesson 20 : **Yoga for Anxiety 20 Minute Practice Yoga With Adriene**

Lesson 21 : **Yoga For Weight Loss Healthy Energy Flow Yoga With Adriene**

Lesson 22 : **Ahimsa Yoga Yoga With Adriene**

Lesson 23 : **Yoga Pranayama for the Spine Yoga With Adriene**

Lesson 24 : **Yoga For Insecurity Yoga With Adriene**

Lesson 25 : **Yoga For Anxiety and Stress**

Lesson 26 : **Yoga For Musicians Yoga With Adriene**

Lesson 27 : **Yoga For Runners 2 Cool Down Sequence**

Lesson 28 : **No Fear Yoga Yoga With Adriene**

Lesson 29 : **Core Strength Ritual Yoga With Adriene**

Lesson 30 : **Upper Back Love Yoga For Back Pain**

Lesson 31 : **Lower Back Love Yoga For Back Pain**

# Related courses

**Infection Control**

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**Pharynx**

**Endocrine**

**General Embryology**

for Business Contact
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