Mindluster Platform

About the course Yoga for mood swings at home

Yoga for mood swings, in this course Discover balance and emotional well-being with the Yoga for Mood Swings course. This program is designed to help you manage mood fluctuations through calming yoga poses, mindfulness practices, and breathing techniques. Learn how to release tension, reduce stress, and enhance your mental clarity. Each session focuses on poses that stimulate relaxation, promote hormonal balance, and cultivate a sense of inner peace. Whether you're dealing with occasional mood shifts or more persistent challenges, this course provides tools to stabilize your emotions and foster resilience. Accessible to all skill levels, it includes modifications and gentle guidance to suit your needs. Embrace the power of yoga to create a more harmonious and emotionally balanced life.

Medical Category's Courses

Course Lesson(37)

Lesson 1 : **Yoga Rinse Yoga With Adriene**

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

Lesson 3 : **Respect and Replenish 40 Minute Yoga Flow**

Lesson 4 : **Yoga To Feel Your Best 22 Minute Home Yoga**

Lesson 5 : **Yoga For Renewal 45 Minute Yoga Practice**

Lesson 6 : **Full Body Flow 20 Minute Yoga Practice**

Lesson 7 : **Yoga for Mood Swings Yoga With Adriene**

Lesson 8 : **Yoga For Courage 28 Minute Home Yoga**

Lesson 9 : **Yoga For a Rainy Day Yoga With Adriene**

Lesson 10 : **Yoga For A Fresh Start Full At Home Yoga Practice**

Lesson 11 : **Bedtime Yoga 20 Minute Bedtime Yoga Practice Yoga With Adriene**

Lesson 12 : **Bedtime Yoga Sequence**

Lesson 13 : **Wind Down Yoga 25 Minute Calming Yoga Practice**

Lesson 14 : **Yoga To Slow Your Roll 16 Minute Home Yoga**

Lesson 15 : **Intro to Yin Yin Yoga**

Lesson 16 : **Wind Down Yoga 12 Minute Bedtime Yoga**

Lesson 17 : **7 Minute Bedtime Yoga Yoga With Adriene**

Lesson 18 : **Yoga Wash Detox Flow Yoga With Adriene**

Lesson 19 : **7 Minute Meditation to Start Your Day**

Lesson 20 : **Yoga For Brain Power 12 Minute Home Yoga Practice**

Lesson 21 : **Resolve to Evolve 10 Minute Meditation**

Lesson 22 : **Grounding Yoga Practice Happy Earth Day**

Lesson 23 : **Meditation For Inner Peace Yoga With Adriene**

Lesson 24 : **Yoga For A Dull Moment Yoga With Adriene**

Lesson 25 : **Meditation for Self Love 13 Minute Guided Meditation**

Lesson 26 : **Yoga For The Future Yoga With Adriene**

Lesson 27 : **Meditation For Humility Yoga With Adriene**

Lesson 28 : **Throat Chakra Yoga 20 Minute Yoga Practice**

Lesson 29 : **Meditation for Learning 12 Minute Guided Meditation**

Lesson 30 : **Balancing Flow Yoga With Adriene**

Lesson 31 : **Meditation For Mental Balance and Grounding**

Lesson 32 : **Yoga For Creativity 40 Minute Yoga Practice**

Lesson 33 : **Side Body Flow Yoga With Adriene**

Lesson 34 : **Confidence Boost Yoga Yoga With Adriene**

Lesson 35 : **Chair Yoga Yoga With Adriene**

Lesson 36 : **Yoga For Suffering 20 Minute Yoga Flow**

Lesson 37 : **Balancing Ocean Flow Yoga With Adriene**

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