Mindluster Platform

About the course Yoga for creating space at home

Yoga for creating space, in this course experience freedom and balance with the Yoga for Creating Space course. This transformative program is designed to help you open both your body and mind, creating physical, mental, and emotional space for growth and clarity. Through targeted yoga poses, gentle stretches, and mindful breathing exercises, youâ€™ll learn to release tension, improve flexibility, and enhance body awareness. This course also focuses on cultivating mental spaciousness by calming the mind, letting go of negative thoughts, and fostering a sense of inner peace. Whether youâ€™re looking to relieve stress, improve posture, or invite more openness into your life, this course offers practical tools and techniques to help you create the space you need. Accessible to all levels, it provides modifications to ensure a safe and enriching practice. Step into a journey of self-discovery and expansion as you learn to create space for what truly matters.

Medical Category's Courses

Course Lesson(30)

Lesson 1 : **Yoga For Risk Takers**

Lesson 2 : **Yoga For Creating Space Yoga With Adriene**

Lesson 3 : **Pranayama Potion 20 Minute Yoga Practice**

Lesson 4 : **Yoga For Connection Yoga With Adriene**

Lesson 5 : **Third Chakra Yoga Show Your Gold**

Lesson 6 : **Awaken The Artist Within 40 Minute Yoga Practice**

Lesson 7 : **Yoga for Flexible Mind and Body**

Lesson 8 : **Crow Practice Yoga With Adriene**

Lesson 9 : **Yoga For The Spine Yoga With Adriene**

Lesson 10 : **Yoga For Gut Health 18 Minute Home Yoga Practice**

Lesson 11 : **Yoga Stretch Yoga With Adriene**

Lesson 12 : **Yoga For Self Discipline Yoga With Adriene**

Lesson 13 : **Yoga To Gain Perspective 35 Minute Yoga Practice**

Lesson 14 : **Sunrise Yoga 15 Minute Morning Yoga Practice**

Lesson 15 : **Yoga For Upper Back Pain Yoga With Adriene**

Lesson 16 : **Core Strength Ritual Yoga With Adriene**

Lesson 17 : **Head Heart Reset Yoga With Adriene**

Lesson 18 : **Freedom Flow Yoga With Adriene**

Lesson 19 : **Head Stand Yoga Pose How To Do a Headstand for Beginners**

Lesson 20 : **Yoga Morning Fresh 35 Minute Morning Yoga Yoga With Adriene**

Lesson 21 : **Up Your Connect 20 Minute Yoga Practice**

Lesson 22 : **Fundamentals of Ease 35 Minute Home Yoga**

Lesson 23 : **Feel Good Flow Yoga With Adriene**

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

Lesson 25 : **Foundations Of Shoulder Stand Candle Pose**

Lesson 26 : **Yoga For Relaxation**

Lesson 27 : **Yoga To Shift Perspective 20 Minute Yoga Flow**

Lesson 28 : **Yoga For Gardeners Yoga With Adriene**

Lesson 29 : **Street Yoga Yoga You Can Do Anywhere**

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

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com