Mindluster Platform

About the course Breath of energy Yoga Journey for beginners

Breath of energy Yoga Journey, in this course is designed to help you harness the power of your breath and unlock your inner energy through yoga. Combining dynamic movements and focused breathing techniques, youâ€™ll learn to rejuvenate your body and mind while enhancing your vitality. The course includes practices to boost circulation, improve oxygen flow, and build strength and flexibility, all while calming the mind. Whether youâ€™re a beginner or experienced yogi, this journey will guide you to connect with your breath, deepen your awareness, and cultivate a sense of balance and energy. By the end, youâ€™ll feel more vibrant, empowered, and ready to tackle life with renewed focus and clarity. Perfect for anyone seeking a harmonious blend of physical activity and mental refreshment.

Medical Category's Courses

Course Lesson(32)

Lesson 1 : **Breath A 30 Day Yoga Journey Yoga With Adriene**

Lesson 2 : **Welcome to BREATH A 30 Day Yoga Journey Yoga With Adriene**

Lesson 3 : **Day 1 Invite BREATH A 30 Day Yoga Journey**

Lesson 4 : **Day 2 Arrive BREATH A 30 Day Yoga Journey**

Lesson 5 : **Day 3 Anchor BREATH A 30 Day Yoga Journey**

Lesson 6 : **Day 4 Listen BREATH A 30 Day Yoga Journey**

Lesson 7 : **Day 5 Replenish BREATH A 30 Day Yoga Journey**

Lesson 8 : **Day 6 Burn BREATH A 30 Day Yoga Journey**

Lesson 9 : **Day 7 Synchronize BREATH A 30 Day Yoga Journey**

Lesson 10 : **Day 8 Snuggle BREATH A 30 Day Yoga Journey**

Lesson 11 : **Day 9 Balance BREATH A 30 Day Yoga Journey**

Lesson 12 : **Day 10 Connect BREATH A 30 Day Yoga Journey**

Lesson 13 : **Day 11 Flow BREATH A 30 Day Yoga Journey**

Lesson 14 : **Day 12 Drop BREATH A 30 Day Yoga Journey**

Lesson 15 : **Day 13 Feel BREATH A 30 Day Yoga Journey**

Lesson 16 : **Day 14 Space BREATH A 30 Day Yoga Journey**

Lesson 17 : **Day 15 Enter BREATH A 30 Day Yoga Journey**

Lesson 18 : **Day 16 Discipline BREATH A 30 Day Yoga Journey**

Lesson 19 : **Day 17 Explore BREATH A 30 Day Yoga Journey**

Lesson 20 : **Day 18 Center BREATH A 30 Day Yoga Journey**

Lesson 21 : **Day 19 Strength BREATH A 30 Day Yoga Journey**

Lesson 22 : **Day 20 Pause BREATH A 30 Day Yoga Journey**

Lesson 23 : **Day 21 Control BREATH A 30 Day Yoga Journey**

Lesson 24 : **Day 22 Renew BREATH A 30 Day Yoga Journey**

Lesson 25 : **Day 23 Dedicate BREATH A 30 Day Yoga Journey**

Lesson 26 : **Day 24 Rejuvenate BREATH A 30 Day Yoga Journey**

Lesson 27 : **Day 25 Love BREATH A 30 Day Yoga Journey**

Lesson 28 : **Day 26 Expand BREATH A 30 Day Yoga Journey**

Lesson 29 : **Day 27 Heal BREATH A 30 Day Yoga Journey**

Lesson 30 : **Day 28 Trust BREATH A 30 Day Yoga Journey**

Lesson 31 : **Day 29 Believe BREATH A 30 Day Yoga Journey**

Lesson 32 : **Day 30 Begin BREATH A 30 Day Yoga Journey**

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