Mindluster Platform

About the course Yoga for low back and hamstrings at home

Yoga for low back and hamstrings, in this course is tailored to relieve tension and improve flexibility in the lower back and hamstrings through targeted yoga practices. Participants will learn gentle stretches, dynamic flows, and mindful breathing techniques designed to release tightness, strengthen supporting muscles, and promote spinal health. Ideal for individuals who experience discomfort from sitting, physical activity, or muscle tightness, the course provides step-by-step guidance to safely practice poses that enhance mobility and alleviate pain. Whether you're a beginner or experienced yogi, this course offers a comprehensive approach to improve posture, increase flexibility, and restore balance to your body. By the end of the course, youâ€™ll feel more relaxed, aligned, and empowered to maintain a healthy back and hamstrings.

Medical Category's Courses

Course Lesson(28)

Lesson 1 : **Peaceful Warrior Yoga Yoga With Adriene**

Lesson 2 : **Wake Up Yoga 11 Minute Morning Yoga Practice**

Lesson 3 : **Yoga For Neck Shoulders Upper Back 10 Minute Yoga Quickie**

Lesson 4 : **Yoga Tips For The Hands**

Lesson 5 : **Yoga For Low Back and Hamstrings 30 Minute Yoga**

Lesson 6 : **Yoga To Shift Perspective 20 Minute Yoga Flow**

Lesson 7 : **Yoga For Uncertainty 50 Minute Yoga Practice**

Lesson 8 : **Yoga For Insecurity Yoga With Adriene**

Lesson 9 : **Finding Your Center Yoga With Adriene**

Lesson 10 : **7 Minute Yoga For Runners Yoga With Adriene**

Lesson 11 : **Yoga For Abdominal Wall 14 Minute Core Practice Yoga With Adriene**

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

Lesson 13 : **Full Body Flow 20 Minute Yoga Practice**

Lesson 14 : **Yoga For Love Valentine s Vinyasa Flow**

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

Lesson 16 : **Meditation for Self Love 13 Minute Guided Meditation**

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

Lesson 18 : **Yoga For Upper Body Strength 13 Minute Home Yoga**

Lesson 19 : **Yoga For Self Doubt Yoga With Adriene**

Lesson 20 : **Heart And Hips Practice Hands Free Yoga Yoga With Adriene**

Lesson 21 : **Pranayama Potion 20 Minute Yoga Practice**

Lesson 22 : **10 Minute Yoga For Self Care Restorative Yoga Yoga With Adriene**

Lesson 23 : **Head Heart Reset Yoga With Adriene**

Lesson 24 : **6 Minute Yoga For Hips**

Lesson 25 : **Yoga For Hands Fingers Wrists 11 Minute Yoga Quickie**

Lesson 26 : **Yoga For When You Are Stuck 15 Minute Yoga Practice**

Lesson 27 : **Yoga Kiss Total Body Flow 40 Minute Yoga Flow**

Lesson 28 : **Fill Your Cup Yoga 20 Minute Home Yoga**

Related courses

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