Mindluster Platform

About the course Yoga for virtual learners at home

Yoga for virtual learners, in this course is tailored for individuals engaged in virtual learning, offering yoga practices designed to counteract the physical and mental challenges of extended screen time. Participants will learn gentle stretches to release tension in the neck, shoulders, and back, as well as exercises to improve posture and spinal health. The course includes breathing techniques to enhance focus and reduce stress, along with eye relaxation practices to alleviate screen strain. Perfect for learners of all ages and levels, the sessions provide simple, accessible tools to maintain physical comfort and mental clarity during virtual learning. By the end of the course, youâ€™ll feel more balanced, energized, and ready to approach your virtual studies with improved productivity and well-being.

Medical Category's Courses

Course Lesson(14)

Lesson 1 : **Yoga PE Mind 12 Minute Yoga For Kids**

Lesson 2 : **Yoga PE Body 10 Minute Yoga For Kids**

Lesson 3 : **Yoga PE Heart 10 Minute Yoga For Kids**

Lesson 4 : **Yoga at Your Desk**

Lesson 5 : **Yoga For The Classroom Yoga With Adriene**

Lesson 6 : **Yoga For Brain Power 12 Minute Home Yoga Practice**

Lesson 7 : **Rainbow Yoga Yoga For All Ages 17 Minute Yoga Practice**

Lesson 8 : **Yoga For Kids Play In The Park Yoga With Adriene**

Lesson 9 : **Classroom Meditation For All Ages 7 Minute Guided Meditation**

Lesson 10 : **Yoga For Teens Yoga With Adriene**

Lesson 11 : **Take 5 Yoga Break Yoga Quickies**

Lesson 12 : **Yoga To Get The Juices Flowing Morning Yoga Yoga With Adriene**

Lesson 13 : **6 Minute Yoga Chill Relaxing Yoga Yoga With Adriene**

Lesson 14 : **7 Minute Yoga Boost Yoga With Adriene**

Related courses

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