Mindluster Platform

About the course Yoga For lower back release

Course Presenter : Yoga With Adriene

Yoga For lower back, in this course is designed to relieve tension, improve flexibility, and strengthen the lower back through targeted yoga practices. Participants will learn gentle stretches, dynamic movements, and mindful breathing techniques to release tightness, reduce pain, and enhance spinal health. Perfect for those dealing with discomfort caused by prolonged sitting, physical exertion, or stress, the course provides step-by-step guidance to safely practice poses that promote relaxation and support the lower back. Suitable for all levels, it focuses on improving posture, building core strength, and restoring balance to your body. By the end of this course, youâ€™ll feel more comfortable, aligned, and equipped with tools to maintain a healthy and pain-free back for the long term. Yoga With Adriene

Medical Category's Courses

Course Lesson(34)

Lesson 1 : **Moon Practice 15 Minute Home Yoga**

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

Lesson 3 : **Yoga For Risk Takers**

Lesson 4 : **Shakti Power Flow Yoga With Adriene**

Lesson 5 : **Yoga Morning Fresh 35 Minute Morning Yoga Yoga With Adriene**

Lesson 6 : **Yoga For Hips Lower Back Release Yoga With Adriene**

Lesson 7 : **Yoga For Stress Management Yoga With Adriene**

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

Lesson 9 : **Yoga For Tension Relief 28 Minute Home Yoga**

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

Lesson 11 : **Yoga For Self Discipline Yoga With Adriene**

Lesson 12 : **7 Minute Yoga Boost Yoga With Adriene**

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

Lesson 14 : **7 Minute Meditation to Start Your Day**

Lesson 15 : **Confidence Boost Yoga Yoga With Adriene**

Lesson 16 : **Peaceful Warrior Yoga Yoga With Adriene**

Lesson 17 : **Yoga For Anxiety and Stress**

Lesson 18 : **Let It Go Yoga Flow Yoga With Adriene**

Lesson 19 : **Throat Chakra Yoga 20 Minute Yoga Practice**

Lesson 20 : **Yoga For When You re Angry**

Lesson 21 : **Yoga Wash Detox Flow Yoga With Adriene**

Lesson 22 : **Yoga To Shift Perspective 20 Minute Yoga Flow**

Lesson 23 : **Wind Down Yoga 12 Minute Bedtime Yoga**

Lesson 24 : **Yoga Party 30 Minute Home Yoga Practice**

Lesson 25 : **Yoga For When You Feel Dead Inside**

Lesson 26 : **Crow Practice Yoga With Adriene**

Lesson 27 : **Crow Pose How To Do Crow Pose Yoga With Adriene**

Lesson 28 : **Yoga For Healthy Blood Flow Yoga With Adriene**

Lesson 29 : **No Fear Yoga Yoga With Adriene**

Lesson 30 : **Wild Thing Foundations of Yoga**

Lesson 31 : **Yoga for ZOMBIES Yoga With Adriene**

Lesson 32 : **Breath of Fire Pranayama Series**

Lesson 33 : **Yoga for Inner Space Travel 14 Minute Vinyasa Flow**

Lesson 34 : **Corpse Pose Yoga With Adriene**

Related courses

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