Mindluster Platform

About the course Yoga For text neck at home

Yoga For text neck, in this course is designed to alleviate discomfort caused by prolonged use of electronic devices, particularly the pain and tension associated with "text neck." Participants will learn targeted yoga poses and stretches that help release tightness in the neck, shoulders, and upper back. The course focuses on improving posture, strengthening the muscles that support the spine, and increasing flexibility to counteract the effects of forward head posture. Breathing techniques are also introduced to relax the body and reduce stress. Suitable for anyone who spends long hours on their phone or computer, this course provides practical tools to prevent and relieve neck pain, improve alignment, and promote overall spinal health. By the end of the course, youâ€™ll feel more relaxed, aligned, and free from the discomfort caused by text neck.

Medical Category's Courses

Course Lesson(32)

Lesson 1 : **Awaken The Artist Within 40 Minute Yoga Practice**

Lesson 2 : **Fundamentals of Ease 35 Minute Home Yoga**

Lesson 3 : **Yoga For Writers 30 Minute Yoga Practice**

Lesson 4 : **Yoga For Focus Productivity 10 min practice**

Lesson 5 : **Yoga Belly 30 Minute Yoga Practice**

Lesson 6 : **Yoga For Wrist Pain**

Lesson 7 : **Foundations Of Yoga Camel Pose Ustrasana**

Lesson 8 : **Yoga For Self Discipline Yoga With Adriene**

Lesson 9 : **Yoga For Beginners Mind Yoga With Adriene**

Lesson 10 : **Yoga For Change And Drain**

Lesson 11 : **Yoga For Brain Power 12 Minute Home Yoga Practice**

Lesson 12 : **Yoga For Text Neck Yoga With Adriene**

Lesson 13 : **Meditation for Learning 12 Minute Guided Meditation**

Lesson 14 : **RABBIT POSE Sasangasana 15 Minute Yoga Practice**

Lesson 15 : **Yoga For Beginners The Basics Yoga With Adriene**

Lesson 16 : **Yoga For Connection Yoga With Adriene**

Lesson 17 : **Yoga For Teachers Yoga With Adriene**

Lesson 18 : **Yoga For Teens Yoga With Adriene**

Lesson 19 : **Yoga For The Classroom Yoga With Adriene**

Lesson 20 : **Classroom Meditation For All Ages 7 Minute Guided Meditation**

Lesson 21 : **Yoga For Concentration and Mental Focus Yoga With Adriene**

Lesson 22 : **Yoga For Anxiety and Stress**

Lesson 23 : **Yoga For Creativity 40 Minute Yoga Practice**

Lesson 24 : **Sunrise Yoga 15 Minute Morning Yoga Practice**

Lesson 25 : **Morning Yoga Energizing Morning Sequence**

Lesson 26 : **Morning Yoga Yoga To Start Your Day**

Lesson 27 : **Gentle Yoga 25 Minute Morning Yoga Sequence Yoga With Adriene**

Lesson 28 : **Morning Yoga for Beginners Gentle Morning Yoga Yoga With Adriene**

Lesson 29 : **Yoga Morning Fresh 35 Minute Morning Yoga Yoga With Adriene**

Lesson 30 : **Greet the Day Yoga Yoga With Adriene**

Lesson 31 : **Yoga For Loneliness Yoga With Adriene**

Lesson 32 : **Foundations Of Shoulder Stand Candle Pose**

Related courses

Infection Control

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General Embryology

for Business Contact
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