Mindluster Platform

About the course Prenatal Yoga at home

Prenatal Yoga, in this course is designed to support expectant mothers through safe and effective yoga practices tailored to each stage of pregnancy. Prenatal Yoga focuses on gentle poses, breathing techniques, and relaxation methods to help reduce stress, improve flexibility, and strengthen the body for childbirth. Participants will learn how to alleviate common pregnancy discomforts, such as back pain and fatigue, while nurturing a deeper connection with their growing baby. The course also emphasizes mindfulness and mental well-being, fostering a sense of calm and balance. Perfect for beginners and experienced practitioners, this program ensures a safe, supportive environment to prepare for a healthy and empowered pregnancy journey.

Medical Category's Courses

Course Lesson(11)

Lesson 1 : **Prenatal Yoga 5 Poses for All Trimesters**

Lesson 2 : **Heart And Hips Practice Hands Free Yoga Yoga With Adriene**

Lesson 3 : **Yoga For Low Back and Hamstrings 30 Minute Yoga**

Lesson 4 : **Extended Child s Pose Yoga With Adriene**

Lesson 5 : **Standing Wide Legged Forward Fold Prasarita Padottanasana**

Lesson 6 : **Goddess Pose Foundations of Yoga**

Lesson 7 : **Legs Up The Wall Foundations of Yoga**

Lesson 8 : **Yoga For Creating Space Yoga With Adriene**

Lesson 9 : **Yoga For Chronic Pain 25 Minute Yoga**

Lesson 10 : **Fill Your Cup Yoga 20 Minute Home Yoga**

Lesson 11 : **Gentle Relaxing Cozy Flow 20 Minute Home Yoga**

Related courses

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