Mindluster Platform

About the course Yoga for neck and shoulder relief

Course Presenter : Yoga With Adriene

Yoga for neck and shoulder relief , in this course focuses on relieving tension and discomfort in the neck and shoulders through targeted yoga practices. Participants will learn gentle stretches, poses, and breathwork techniques designed to improve posture, increase flexibility, and release muscle tightness. The course emphasizes relaxation and mindfulness, helping to reduce stress that often contributes to neck and shoulder pain. Suitable for all levels, this program offers modifications for beginners and ensures a safe, supportive environment for effective pain relief. Whether caused by desk work, stress, or daily activities, this course provides practical tools to alleviate discomfort and promote long-term well-being. Join us to regain comfort and mobility in your upper body. Yoga With Adriene

Medical Category's Courses

Course Lesson(30)

Lesson 1 : **Abs Arms and Attitude Yoga For Weight Loss**

Lesson 2 : **Yoga Rinse Yoga With Adriene**

Lesson 3 : **Power Yoga Break Yoga For Weight Loss Yoga With Adriene**

Lesson 4 : **Yoga For Upper Body Strength 13 Minute Home Yoga**

Lesson 5 : **Total Body Yoga Deep Stretch Yoga With Adriene**

Lesson 6 : **60 Minute Total Body Workout Yoga For Weight Loss**

Lesson 7 : **Yoga For Courage 28 Minute Home Yoga**

Lesson 8 : **Balancing Ocean Flow Yoga With Adriene**

Lesson 9 : **Yoga For Strength 40 Minute Vinyasa Sequence**

Lesson 10 : **Core Strength Ritual Yoga With Adriene**

Lesson 11 : **Yoga for Neck and Shoulder Relief Yoga With Adriene**

Lesson 12 : **Yoga For Gut Health 18 Minute Home Yoga Practice**

Lesson 13 : **Yoga for Weight Loss Balance Practice Yoga With Adriene**

Lesson 14 : **Runner s Yoga Yoga With Adriene**

Lesson 15 : **Detox Yoga 20 Minute Yoga Flow for Detox and Digestion**

Lesson 16 : **Feel Good Flow Yoga With Adriene**

Lesson 17 : **Core Power Wake Up Yoga With Adriene**

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

Lesson 19 : **Yoga For When You re Sore with special guest**

Lesson 20 : **Yoga Tone Yoga For Weight Loss Yoga With Adriene**

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

Lesson 22 : **Yoga For Weight Loss Hips Hamstrings Yoga With Adriene**

Lesson 23 : **Yoga for Strength and Focus**

Lesson 24 : **Yoga for Weight Loss Abs Arms Yoga With Adriene**

Lesson 25 : **Total Body Yoga 20 Minute Deep Core Yoga**

Lesson 26 : **Yoga For Tired Legs Yoga With Adriene**

Lesson 27 : **Shakti Power Flow Yoga With Adriene**

Lesson 28 : **Deepen Flow Yoga With Adriene**

Lesson 29 : **Yoga For Manual Labor Yoga With Adriene**

Lesson 30 : **Yoga For Tension Relief 28 Minute Home Yoga**

Related courses

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for Business Contact
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