Mindluster Platform

About the course Yoga for neck tension

Yoga for neck tension, in this course is designed to alleviate neck tension and discomfort through targeted yoga practices. Participants will learn gentle stretches, strengthening poses, and mindful breathing techniques that focus on relieving tightness and improving posture. The course addresses common causes of neck tension, such as stress, poor ergonomics, and sedentary habits, while offering practical tools to enhance flexibility and mobility. Each session emphasizes relaxation and mindfulness to reduce stress and promote overall well-being. Suitable for all levels, this course provides modifications for beginners and a supportive environment to guide participants on their journey to a tension-free, more comfortable neck.

Medical Category's Courses

Course Lesson(8)

Lesson 1 : **Yoga For Neck Shoulders Upper Back 10 Minute Yoga Quickie**

Lesson 2 : **Yoga for Neck and Shoulder Relief Yoga With Adriene**

Lesson 3 : **Yoga For Text Neck Yoga With Adriene**

Lesson 4 : **Yoga For Daily Neck Relief**

Lesson 5 : **Yoga For Headaches**

Lesson 6 : **Yoga For Migraines Yoga With Adriene**

Lesson 7 : **Yoga For Acid Reflux Embrace It Yoga With Adriene**

Lesson 8 : **Yoga on an Airplane Travel Yoga Yoga with Adriene**

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