Mindluster Platform

About the course Wind down Yoga at home

Course Presenter : Yoga With Adriene

Wind down Yoga, in this course is designed to help you relax and unwind after a long day through gentle yoga practices that calm the mind and body. Participants will learn restorative poses, mindful breathing techniques, and guided relaxation to release tension, reduce stress, and prepare for a restful evening. Each session focuses on easing tightness in the body, promoting flexibility, and cultivating a sense of inner peace. Suitable for all levels, the course offers modifications for beginners and creates a soothing environment for self-care and renewal. Whether you're looking to de-stress or establish a calming bedtime routine, the Wind Down Yoga Course provides the perfect opportunity to let go of the day's worries and embrace tranquility. Join us to relax, recharge, and rejuvenate for a peaceful night's rest. Yoga With Adriene

Medical Category's Courses

Course Lesson(35)

Lesson 1 : **Yoga For Uncertainty 50 Minute Yoga Practice**

Lesson 2 : **Yoga For Loneliness Yoga With Adriene**

Lesson 3 : **Yoga For Insecurity Yoga With Adriene**

Lesson 4 : **Yoga For Change And Drain**

Lesson 5 : **Anchor In Hope 18 Minute Yoga Flow**

Lesson 6 : **Yoga for Mood Swings Yoga With Adriene**

Lesson 7 : **Yoga For When You re Angry**

Lesson 8 : **No Fear Yoga Yoga With Adriene**

Lesson 9 : **Yoga For After Disaster Yoga With Adriene**

Lesson 10 : **Yoga To Heal Stress 20 Minute Yoga Practice**

Lesson 11 : **Yoga For Stress Management Yoga With Adriene**

Lesson 12 : **Yoga for Stress Relief 7 Minute Practice**

Lesson 13 : **Yoga for Anxiety 20 Minute Practice Yoga With Adriene**

Lesson 14 : **Gentle Yoga 25 Minute Morning Yoga Sequence Yoga With Adriene**

Lesson 15 : **7 Minute Yoga Boost Yoga With Adriene**

Lesson 16 : **Bedtime Yoga 20 Minute Bedtime Yoga Practice Yoga With Adriene**

Lesson 17 : **Wind Down Yoga 12 Minute Bedtime Yoga**

Lesson 18 : **Gentle Relaxing Cozy Flow 20 Minute Home Yoga**

Lesson 19 : **Gift of Relaxation 33 Minute Feel Good Yoga**

Lesson 20 : **Yoga For When You Are Stuck 15 Minute Yoga Practice**

Lesson 21 : **Head Heart Reset Yoga With Adriene**

Lesson 22 : **Self Love Yoga Full Class Yoga With Adriene**

Lesson 23 : **Meditation for Anxiety Yoga With Adriene**

Lesson 24 : **Meditation For Inner Peace Yoga With Adriene**

Lesson 25 : **7 Minute Meditation to Start Your Day**

Lesson 26 : **Stress Melt 26 Min Yoga Break Yoga With Adriene**

Lesson 27 : **Yoga For Anxiety and Stress**

Lesson 28 : **Yoga For Panic And Anxiety 15 Minute Yoga Practice**

Lesson 29 : **Healing Yoga Break**

Lesson 30 : **Regulate Your Nervous System 15 Minute Yoga Practice**

Lesson 31 : **Meditation For Balancing The Nervous System**

Lesson 32 : **Yoga to Calm Your Nerves Calming Yoga Yoga with Adriene**

Lesson 33 : **5 Minute Calming Breathwork**

Lesson 34 : **Yoga For Suffering 20 Minute Yoga Flow**

Lesson 35 : **Yoga For Comfort And Nourishment 25 Minute Yoga Practice Yoga With Adriene**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com