Mindluster Platform

About the course Heart chakra yoga for beginners

Heart chakra yoga, in this course is designed to help you connect with your emotions, cultivate compassion, and balance the Anahata Chakra. Through gentle yoga poses, breathing techniques, and guided meditations, you'll learn how to release emotional blockages, enhance self-love, and foster harmony within yourself and others. Each session focuses on heart-opening postures like Cobra Pose, Camel Pose, and Bridge Pose, complemented by affirmations and soothing practices to nurture your inner peace. Perfect for anyone seeking to deepen their yoga practice and embrace a life full of love and connection. Join us to open your heart and elevate your well-being.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **Throat Chakra Yoga 20 Minute Yoga Practice**

Lesson 2 : **Heart Chakra Yoga For Beginners Yoga With Adriene**

Lesson 3 : **Grounding Into Gratitude Root Chakra Yoga Yoga With Adriene**

Lesson 4 : **Third Chakra Yoga Show Your Gold**

Lesson 5 : **Revolution Day 25 Root Practice**

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