Mindluster Platform

About the course Yoga for relaxation at home

Course Presenter : Yoga With Adriene

Yoga for relaxation at home, in this course designed for all levels, this course helps you unwind, de-stress, and rejuvenate from the comfort of your home. Through gentle poses like Childâ€™s Pose, Cat-Cow, and Reclining Twist, combined with calming breathing techniques, you'll release tension and achieve a state of deep relaxation. Each session includes guided meditations and mindfulness practices to quiet your mind and restore balance to your body. Whether you're easing the stress of a busy day or seeking a peaceful moment for yourself, this course offers the perfect blend of movement and stillness. Join us to cultivate serenity, enhance your well-being, and create a soothing yoga routine at home. Yoga With Adriene

Medical Category's Courses

Course Lesson(31)

Lesson 1 : **Home Day 0 Welcome Home 30 Days of Yoga**

Lesson 2 : **Home Day 1 Recognize 30 Days of Yoga**

Lesson 3 : **Home Day 2 Intend 30 Days of Yoga**

Lesson 4 : **Home Day 3 Awaken 30 Days of Yoga**

Lesson 5 : **Home Day 4 Activate 30 Days of Yoga**

Lesson 6 : **Home Day 5 Soften 30 Days of Yoga**

Lesson 7 : **Home Day 6 Ignite 30 Days of Yoga**

Lesson 8 : **Home Day 7 Stretch 30 Days of Yoga**

Lesson 9 : **Home Day 8 Heal 30 Days of Yoga**

Lesson 10 : **Home Day 9 Inquire 30 Days of Yoga**

Lesson 11 : **Home Day 10 Ground 30 Days of Yoga**

Lesson 12 : **Home Day 11 Dig 30 Days of Yoga**

Lesson 13 : **Home Day 12 Nurture 30 Days of Yoga**

Lesson 14 : **Home Day 13 Grow 30 Days of Yoga**

Lesson 15 : **Home Day 14 Return 30 Days of Yoga**

Lesson 16 : **Home Day 15 Reset 30 Days of Yoga**

Lesson 17 : **Home Day 16 Savor 30 Days of Yoga**

Lesson 18 : **Home Day 17 Synchronize 30 Days of Yoga**

Lesson 19 : **Home Day 18 Believe 30 Days of Yoga**

Lesson 20 : **Home Day 19 Balance 30 Days of Yoga**

Lesson 21 : **Home Day 20 Still 30 Days of Yoga**

Lesson 22 : **Home Day 21 Boost 30 Days of Yoga**

Lesson 23 : **Home Day 22 Stir 30 Days of Yoga**

Lesson 24 : **Home Day 23 Focus 30 Days of Yoga**

Lesson 25 : **Home Day 24 Uplift 30 Days of Yoga**

Lesson 26 : **Unwind Home Day 25 30 Days of Yoga**

Lesson 27 : **Keep Home Day 26 30 Days of Yoga**

Lesson 28 : **Home Day 27 Integrate 30 Days of Yoga**

Lesson 29 : **Home Day 28 Nourish 30 Days of Yoga**

Lesson 30 : **Home Day 29 Intuit 30 Days of Yoga**

Lesson 31 : **Home Day 30 Journey 30 Days of Yoga**

Related courses

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for Business Contact
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