Mindluster Platform

About the course Yoga for upper body strength

Course Presenter : Yoga With Adriene

Yoga for upper body strength, in this course focuses on enhancing strength in your arms, shoulders, chest, and core through dynamic and targeted yoga poses. You'll practice poses like Plank, Downward Dog, Dolphin Pose, and Chaturanga to engage and tone your upper body muscles. With guided sessions, you'll also learn techniques to improve posture, build endurance, and develop functional strength for daily activities. Whether you're a beginner or looking to complement your fitness routine, this course is perfect for creating a balanced and strong upper body. Join us to challenge yourself, improve your strength, and feel empowered in your yoga practice. Yoga With Adriene

Medical Category's Courses

Course Lesson(30)

Lesson 1 : **Fill Your Cup Yoga 20 Minute Home Yoga**

Lesson 2 : **Yoga For Risk Takers**

Lesson 3 : **Yoga For Beginners Mind Yoga With Adriene**

Lesson 4 : **Yoga For Creating Space Yoga With Adriene**

Lesson 5 : **Happy Birthday Yoga Yoga with Adriene**

Lesson 6 : **Let It Go Yoga Flow Yoga With Adriene**

Lesson 7 : **Greet the Day Yoga Yoga With Adriene**

Lesson 8 : **Yoga For Upper Body Strength 13 Minute Home Yoga**

Lesson 9 : **Yoga For Teachers Yoga With Adriene**

Lesson 10 : **Yoga For The Classroom Yoga With Adriene**

Lesson 11 : **Yoga For Insecurity Yoga With Adriene**

Lesson 12 : **Head Heart Reset Yoga With Adriene**

Lesson 13 : **Wake Up Yoga 11 Minute Morning Yoga Practice**

Lesson 14 : **Respect and Replenish 40 Minute Yoga Flow**

Lesson 15 : **Yoga For Chefs 18 Minute Yoga**

Lesson 16 : **Movement Medicine Energy Practice Yoga With Adriene**

Lesson 17 : **Movement Medicine Calming Practice Yoga With Adriene**

Lesson 18 : **Yoga For Self Doubt Yoga With Adriene**

Lesson 19 : **Peaceful Warrior Yoga Yoga With Adriene**

Lesson 20 : **Yoga To Feel Your Best 22 Minute Home Yoga**

Lesson 21 : **Yoga Morning Fresh 35 Minute Morning Yoga Yoga With Adriene**

Lesson 22 : **Meditation for Self Love 13 Minute Guided Meditation**

Lesson 23 : **Yoga For New Beginnings Yoga With Adriene**

Lesson 24 : **Yoga For Change And Drain**

Lesson 25 : **Yoga For A Dull Moment Yoga With Adriene**

Lesson 26 : **Yoga Rinse Yoga With Adriene**

Lesson 27 : **Rainbow Yoga Yoga For All Ages 17 Minute Yoga Practice**

Lesson 28 : **Yoga For Relaxation**

Lesson 29 : **Rebirth Yoga 24 Minute Yoga Flow**

Lesson 30 : **Freedom Glow Flow Yoga With Adriene**

Related courses

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for Business Contact
business@mindluster.com