Mindluster Platform

About the course Yoga for back Pain recovery at home

Course Presenter : Yoga With Adriene

Yoga for back Pain recovery, in this course is thoughtfully designed to help you recover from back pain through gentle yoga poses, mindful breathing, and guided relaxation. You'll learn specific exercises like Cat-Cow, Childâ€™s Pose, and Sphinx Pose that target and release tension in the back, strengthen core muscles, and improve flexibility. Each session focuses on building spinal health, enhancing posture, and creating a foundation for pain-free movement. With step-by-step guidance, this course is perfect for beginners, individuals recovering from injuries, or anyone seeking a safe and effective way to alleviate back pain. Join us to restore comfort, build strength, and embrace a healthier, more active lifestyle. Yoga With Adriene

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **TRUE Day 4 FLOOR Yoga With Adriene**

Lesson 2 : **Revolution Day 22 Gentle Practice**

Lesson 3 : **Dedicate Day 4 Feel**

Lesson 4 : **Lower Back Love Yoga For Back Pain**

Lesson 5 : **Gift of Relaxation 33 Minute Feel Good Yoga**

Lesson 6 : **Yoga To Slow Your Roll 16 Minute Home Yoga**

Lesson 7 : **Wind Down Yoga 12 Minute Bedtime Yoga**

Lesson 8 : **Yoga For Relaxation**

Lesson 9 : **Gentle Relaxing Cozy Flow 20 Minute Home Yoga**

Lesson 10 : **Day 16 Discipline BREATH A 30 Day Yoga Journey**

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