Mindluster Platform

About the course Yoga For hands and fingers and wrists

Course Presenter : Yoga With Adriene

Yoga For hands and fingers, in this course is designed to enhance flexibility, strength, and mobility in your hands, wrists, and fingers through gentle and effective yoga practices. You'll learn specific exercises like wrist stretches, finger spreads, and hand mudras to reduce tension, improve circulation, and alleviate discomfort caused by daily activities, typing, or repetitive motions. Breathing techniques are also incorporated to promote relaxation and release built-up stress in the hands. Perfect for anyone seeking relief from hand stiffness, arthritis symptoms, or wanting to improve dexterity, this course offers a simple yet powerful way to care for your hands. Join us to restore strength, flexibility, and ease in your hands and fingers. Yoga With Adriene

Medical Category's Courses

Course Lesson(4)

Lesson 1 : **Yoga For Hands Fingers Wrists 11 Minute Yoga Quickie**

Lesson 2 : **Yoga for Healthy Wrists Yoga With Adriene**

Lesson 3 : **Yoga Tips For The Hands**

Lesson 4 : **Yoga For Wrist Pain**

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