Mindluster Platform

About the course Yoga for office workers for beginners

Course Presenter : Yoga With Adriene

Yoga for office workers, in this course designed for those spending long hours at a desk, this course offers simple yoga poses, stretches, and breathing techniques to reduce stress, improve posture, and alleviate discomfort. You'll learn exercises to relieve neck and shoulder tension, stretch the lower back, and improve circulation in the legs. Poses like Seated Cat-Cow, Chair Twist, and Forward Fold can easily be done at your desk or in a small space, making them perfect for the office environment. Additionally, mindful breathing practices help you stay focused, reduce fatigue, and boost productivity. Whether you're a busy professional or a remote worker, this course is ideal for maintaining your physical and mental well-being throughout the workday. Join us to feel more energized, balanced, and comfortable at work. Yoga With Adriene

Medical Category's Courses

Course Lesson(9)

Lesson 1 : **Office Break Yoga 14 Minute Yoga Practice**

Lesson 2 : **Yoga at Your Desk**

Lesson 3 : **Yoga For Your Lunch Break**

Lesson 4 : **Quick Stress Fix 5 Minute Sequence**

Lesson 5 : **Yoga For Focus Productivity 10 min practice**

Lesson 6 : **Yoga for Neck and Shoulder Relief Yoga With Adriene**

Lesson 7 : **Yoga For Hands Fingers Wrists 11 Minute Yoga Quickie**

Lesson 8 : **Yoga for Healthy Wrists Yoga With Adriene**

Lesson 9 : **Yoga For Couch Potatoes 7 Minute Yoga Yoga with Adriene**

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