Mindluster Platform

About the course Yoga For Surfers for beginners

Course Presenter : Yoga With Adriene

Yoga For Surfers, in this course is designed to improve balance, flexibility, and strength, helping you feel more confident and agile on your board. Youâ€™ll learn yoga poses like Warrior Pose and Tree Pose for better stability, Downward Dog and Cobra Pose to increase flexibility, and Plank Pose to build core strength. Breathing techniques (Pranayama) are also included to boost endurance and mental focus while riding the waves. Each session is tailored to support the unique physical demands of surfing and includes relaxation techniques to aid recovery after long surf sessions. Whether you're a beginner or an experienced surfer, this course will help you prevent injuries, improve your skills, and maximize your time in the water. Join us to connect your mind, body, and waves. Yoga With Adriene

Medical Category's Courses

Course Lesson(19)

Lesson 1 : **Total Body Yoga 20 Minute Deep Core Yoga**

Lesson 2 : **Core Strength Ritual Yoga With Adriene**

Lesson 3 : **Yoga For Abdominal Wall 14 Minute Core Practice Yoga With Adriene**

Lesson 4 : **Core Power Wake Up Yoga With Adriene**

Lesson 5 : **Yoga for Core and Booty 30 Minute Yoga Practice Yoga With Adriene**

Lesson 6 : **Dedicate Day 6 Core**

Lesson 7 : **Yoga For Weight Loss Hips and Core Vinyasa Yoga With Adriene**

Lesson 8 : **Yoga For Abs 6 Minute Abs Workout**

Lesson 9 : **Yoga for Weight Loss Abs Arms Yoga With Adriene**

Lesson 10 : **Abs Arms and Attitude Yoga For Weight Loss**

Lesson 11 : **Compassion Yoga Core Strength Vinyasa Yoga With Adriene**

Lesson 12 : **10 Minute Yoga Core Workout Yoga For Weight Loss**

Lesson 13 : **Day 6 SIX PACK ABS 30 Days of Yoga**

Lesson 14 : **Yoga Camp Day 6 I Am Supported Six Pack Abs**

Lesson 15 : **Revolution Day 6 Attention and Abs Practice**

Lesson 16 : **Yoga For Pelvic Floor Yoga With Adriene**

Lesson 17 : **TRUE Day 12 CENTER Yoga With Adriene**

Lesson 18 : **Yoga For Surfers Yoga With Adriene**

Lesson 19 : **Finding Your Center Yoga With Adriene**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com