Mindluster Platform

About the course Yoga for deep relaxation

Course Presenter : Yoga With Bird

Yoga for deep relaxation in this course is designed to guide you through gentle yoga poses and breathing techniques that calm the mind, release physical tension, and promote inner peace. You'll learn restorative practices that soothe the nervous system, improve flexibility, and enhance your overall sense of well-being. Perfect for all levels, this course focuses on slow, mindful movements and deep relaxation to help you unwind after a stressful day or achieve a more restful state. Whether you're seeking to relieve stress, improve sleep, or simply find a moment of calm, this course provides a holistic approach to relaxation. Experience the power of yoga to rejuvenate your body and mind and cultivate a deep sense of peace and balance. Yoga With Bird

Medical Category's Courses

Course Lesson(36)

Lesson 1 : **Everyday Yoga Flow To Feel Your Best**

Lesson 2 : **Everyday Yoga To Feel INCREDIBLE**

Lesson 3 : **EVERYDAY YOGA Full Body Stretch**

Lesson 4 : **Everyday Morning Yoga to FEEL INCREDIBLE**

Lesson 5 : **5 Min Everyday Yoga Full Body Stretch**

Lesson 6 : **10 Min Everyday Morning Yoga Stretch**

Lesson 7 : **Everyday Yoga Full Body Stretch Beginner Friendly Yoga**

Lesson 8 : **Everyday Yoga The ULTIMATE 15 Min Yoga Class For All Levels**

Lesson 9 : **10 Min Everyday Yoga to FEEL YOUR BEST**

Lesson 10 : **10 Min Everyday Morning Yoga Stretch 30 Day Yoga Challenge 2022 DAY 1**

Lesson 11 : **15 Min Everyday Yoga for Beginners 30 Day Yoga Challenge 2022 DAY 2**

Lesson 12 : **10 Min All In One Everyday Yoga Stretch 30 Day Yoga Challenge 2022 DAY 3**

Lesson 13 : **5 Min Everyday Morning Yoga Full Body Stretch 30 Day Yoga Challenge 2022 DAY 4**

Lesson 14 : **10 Min Everyday Yoga For Stress 30 Day Yoga Challenge 2022 DAY 5**

Lesson 15 : **Everyday Morning Yoga Stretch To Feel Your BEST 30 Day Yoga Challenge 2022 DAY 6**

Lesson 16 : **Morning Yoga Stretch to Feel INCREDIBLE 30 Day Yoga Challenge 2022 DAY 9**

Lesson 17 : **The ULTIMATE Everyday Yoga Stretch Flow 30 Day Yoga Challenge 2022 DAY 10**

Lesson 18 : **10 Minute Morning Yoga Stretch 30 Day Yoga Challenge 2022 DAY 11**

Lesson 19 : **Beginners Everyday Yoga Full Body Stretch 30 Day Yoga Challenge DAY 12**

Lesson 20 : **5 Min Morning Yoga for Beginners 30 Day Yoga Challenge DAY 13**

Lesson 21 : **5 Minute Yoga Everyday Stretch 30 Day Yoga Challenge Day 20**

Lesson 22 : **All In One Yoga Full Body Stretch 30 Day Yoga Challenge 2022 DAY 21**

Lesson 23 :
Restorative Yoga for EMOTIONAL RELEASE and Hip Tension 30 Day Yoga Challenge 2022 DAY 22

Lesson 24 : **Simple Beginners Yoga Stretch Under 5 Mins 30 Day Yoga Challenge 2022 DAY 23**

Lesson 25 : **10 Min EVERYDAY YOGA Full Body Stretch Beginner Friendly Yoga**

Lesson 26 : **10 Minute Everyday Yoga Stretch DAY 7 7 Day Morning Yoga Challenge**

Lesson 27 : **Everyday Yoga Stretch to FEEL AMAZING**

Lesson 28 : **7 Minute Full Body Yoga To Feel INCREDIBLE**

Lesson 29 : **10 Minute Yoga Stretch to do ANYTIME you need Relaxation**

Lesson 30 : **Feel Good MORNING YOGA to Let Go of What No Longer Serves You**

Lesson 31 : **10 Minute Morning Yoga Full Body Stretch for Stress Relief**

Lesson 32 : **15 Min Anytime Yoga for Deep Relaxation Stress Relief**

Lesson 33 : **10 Min Yoga To Fart and Poop**

Lesson 34 : **10 Min Morning Stretch Miracle Yoga**

Lesson 35 : **5 Min Yoga Stretch Flow**

Lesson 36 : **7 Minute Full Body Yoga to Feel INCREDIBLE**

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