Mindluster Platform

About the course Total body pilates workout

Course Presenter : Yoga With Bird

Total body pilates workout, in this course focuses on strengthening and toning your entire body through dynamic, low-impact Pilates exercises. You'll learn techniques to improve core stability, enhance flexibility, and boost overall balance while targeting key muscle groups. Perfect for all fitness levels, this course provides a full-body workout that promotes better posture, reduces tension, and increases endurance. Whether you're new to Pilates or looking to deepen your practice, these guided sessions offer a comprehensive approach to physical fitness and well-being. Discover how Pilates can help you achieve a stronger, more balanced body and a refreshed mind. Join us to feel empowered, revitalized, and ready to take on your day. Yoga With Bird

Medical Category's Courses

Course Lesson(97)

Lesson 1 : **45 Min Hatha Yoga Flow and Stretch All Levels Yoga**

Lesson 2 : **40 Min Yoga Deep Full Body Stretch All Levels Yoga**

Lesson 3 : **40 Min Total Body Yoga Flow Stretch Intermediate Yoga with Minimal Cueing**

Lesson 4 : **25 Min Total Body Pilates Workout and Stretch Beginners Pilates**

Lesson 5 : **30 Min Hatha Yoga For Overall Health All Levels Yoga**

Lesson 6 : **30 Min Yoga Full Body Stretch All Levels Yoga**

Lesson 7 : **40 Min Minimal Cueing Heart Opening Yoga Flow Intermediate Yoga**

Lesson 8 : **20 Min Full Body Yoga Workout All Levels Yoga**

Lesson 9 : **15 Min Gentle Upper Body Stretch for Upper Back Chest Tension Bonus Class**

Lesson 10 : **30 Min Hatha Yoga Flow for Overall Health All Levels Yoga**

Lesson 11 : **30 Min Yoga Stretch for Lower Body Tension Relief All Levels Yoga**

Lesson 12 :
45 Min Minimal Cueing Hatha Yoga Flow for Strength Balance Flexibility Intermediate Yoga

Lesson 13 : **20 Min Power Flow Yoga Workout**

Lesson 14 : **30 Min Hatha Yoga Flow for Overall Health All Levels Yoga**

Lesson 15 : **35 Min Restorative Yoga for Deep Relaxation All Levels Yoga**

Lesson 16 : **10 Min Yoga Full Body Stretch Bonus Class**

Lesson 17 : **20 Min Yoga for Hip Tension and Deep Relaxation Bonus Class**

Lesson 18 : **Pilates Yoga Workout and Stretch for Core Strength All Levels**

Lesson 19 : **60 Min Full Body Hatha Flow Stretch Intermediate Yoga**

Lesson 20 : **30 Min Bedtime Flow Stretch All Levels Yoga**

Lesson 21 : **30 Min Yin Yoga for Relaxation All Levels Yoga**

Lesson 22 : **5 Min Yoga for Movement Bonus Class**

Lesson 23 : **30 Min Yoga Flow Deep Stretch for Hips Intermediate Yoga**

Lesson 24 : **15 Min Yoga for Strength and Stamina Intermediate Yoga**

Lesson 25 : **40 Min Hatha Yoga Full Body Flow All Levels Yoga**

Lesson 26 : **60 Min Minimal Cueing Yin Yoga for Flexible People Intermediate Yoga**

Lesson 27 : **30 Min Yoga Gentle Flow Stretch All Levels Yoga**

Lesson 28 : **30 Min Hatha Yoga Flow for Strength Intermediate Yoga**

Lesson 29 : **30 Min Calming Yoga Stretch All Levels Yoga**

Lesson 30 : **35 Min Minimal Cues Deep Stretch for Better Sleep Intermediate Advanced Yoga**

Lesson 31 : **30 Min Yoga Twist Flow Intermediate Advanced Yoga**

Lesson 32 : **30 Min Full Body Yoga Stretch All Levels Yoga**

Lesson 33 : **30 Min Yoga Deep Stretch for Tension Relaxation Intermediate Advanced Yoga**

Lesson 34 : **30 Min Restorative Yin Stretch All Levels Yoga**

Lesson 35 : **30 Min Yin Flow Intermediate Advanced Yoga**

Lesson 36 : **40 Min Yoga Full Body Flow Stretch All Levels Yoga**

Lesson 37 : **35 Min Minimal Cueing Yoga Flow Stretch Intermadiate Advanced Yoga**

Lesson 38 : **40 Min Yin Yoga for Hips with Minimal Cueing Intermediate Advanced Yoga**

Lesson 39 : **30 Min Morning Yoga Empowering Flow and Stretch All Levels Yoga**

Lesson 40 : **30 Min Yoga Yin Flow Intermediate Advanced Yoga**

Lesson 41 : **30 Min Relaxing Yoga Stretch Using a Yoga Block All Levels Yoga**

Lesson 42 : **30 Min Morning Yoga Stretch and Flow All Levels Yoga**

Lesson 43 : **30 Min Yin Yoga Deep Hip Stretch LONG SAVASANA Intermediate Advanced Yoga**

Lesson 44 : **30 Min Bedtime Yoga Stretch All Levels Yoga**

Lesson 45 :
30 Min Upper Body Yin Restorative Yoga Stretch WITH BLOCK Intermediate Advanced Yoga

Lesson 46 : **30 Min Morning Yoga Full Body Stretch All Levels Yoga**

Lesson 47 : **30 Min Yin Vinyasa Yoga Intermediate Advanced Yoga**

Lesson 48 : **30 Minute Full Body Deep Stretch Intermediate Advanced**

Lesson 49 : **30 Min Full Body Yoga Flow Stretch All Levels Yoga**

Lesson 50 : **30 Min Yin Yoga Stretch for Flexible People Intermediate Advanced Yoga**

Lesson 51 : **35 Min Feel Good Yoga Flow and Stretch All Levels Yoga**

Lesson 52 : **30 Min Full Body Yoga Stretch All Levels Yoga**

Lesson 53 : **30 Minute Vinyasa Flow and Stretch Intermediate Yoga**

Lesson 54 : **30 Min Deep Stretch for Tension Relief All Levels Yoga**

Lesson 55 : **30 Min Lower Body Yin Yoga Deep Stretch Intermediate Advanced Yoga**

Lesson 56 : **30 Min Power Flow Stretch Intermediate Advanced Yoga**

Lesson 57 : **35 Min Yoga Stretch for Relaxation and Sleep All Levels Yoga**

Lesson 58 : **45 Min Yoga Yin Flow Fusion All Levels Yoga**

Lesson 59 : **35 Min Restorative Yoga for Relaxation All Levels Yoga**

Lesson 60 : **35 Min Yin Vin Power Yoga Fusion Intermediate Advanced Yoga**

Lesson 61 : **30 Min Deep Stretch for Tension and Relaxation Intermediate Advanced Yoga**

Lesson 62 : **35 Min Minimal Cueing Restorative Bedtime Yoga All Levels Yoga**

Lesson 63 : **30 Min Deep Lower Body Stretch Intermediate Advanced Yoga**

Lesson 64 : **40 Min Deep Full Body Stretch Intermediate Advanced Yoga**

Lesson 65 : **40 Min Yoga Flow Stretch All Levels Yoga**

Lesson 66 : **EXTREMELY RELAXING Yin Yoga Minimal Cues Advanced Yoga**

Lesson 67 : **40 Min Yoga Stretch for Stress Tension Relief Intermediate Advanced Yoga**

Lesson 68 : **35 Min Bedtime Yoga for Restless Legs and Deep Sleep All Levels Yoga**

Lesson 69 : **40 Min Full Body Yoga for Tension and Emotional Relief All Levels Yoga**

Lesson 70 : **50 Min Restorative Deep Hip Stretch for Relaxation All Levels Yoga**

Lesson 71 : **40 Min Deep Rest Restorative Yoga To Lull You Before Bed All Levels Yoga**

Lesson 72 : **30 Min Power Flow Minimal Cueing Intermediate Advanced Yoga**

Lesson 73 : **40 Min Full Body Yoga Stretch for Tension and Relaxation All Levels Yoga**

Lesson 74 : **30 Min Restorative Yoga for Deep Rest All Levels Yoga**

Lesson 75 :
35 Min Morning Yoga Upper Body Stretch for Anxiety Relief Intermediate Advanced Yoga

Lesson 76 : **35 Min Yin Flow for Overall Health All Levels Yoga**

Lesson 77 : **40 Min Yoga Flow Stretch for Overall Health All Levels Yoga**

Lesson 78 : **40 Min Yin Yoga for Flexible People Intermediate Advanced Yoga**

Lesson 79 : **30 Min SUPER RELAXING Morning Yoga Extended Version All Levels Yoga**

Lesson 80 : **50 Min Power Yoga Yin Fusion Minimal Cueing for Experienced Practitioners**

Lesson 81 : **30 Min Yin Low Flow Fusion All Levels Yoga**

Lesson 82 : **40 Min Yoga Stretch to End Your Week All Levels Yoga**

Lesson 83 : **30 Min Gentle Yoga To Fill Your Cup Intermediate Yoga**

Lesson 84 : **30 Min Yoga For Deep Sleep With Blocks All Levels Yoga**

Lesson 85 : **30 min Restorative Yin for Rest With Blocks All Levels Yoga**

Lesson 86 : **30 Min Yoga Stretch Flow for Beginners**

Lesson 87 : **30 Min Deep Hip Stretch Intermediate Yoga**

Lesson 88 : **30 Min Bedtime Lower Body Stretch Beginners Yoga**

Lesson 89 : **35 Min Minimal Cueing Power Flow Yin Yoga Intermediate Yoga**

Lesson 90 : **40 Min Yoga Full Body Stretch All Levels Yoga**

Lesson 91 : **30 Min DEEP REST Restorative yoga All Levels Yoga**

Lesson 92 : **30 Min Bedtime Restorative Yin All Levels Yoga**

Lesson 93 : **35 Min Yin Restorative Stretch Intermediate Yoga**

Lesson 94 : **30 Min Yoga for Emotional Release All Levels Yoga**

Lesson 95 : **45 Min Power Yin Flow Stretch Intermediate Yoga**

Lesson 96 : **35 Min Slow Flow Stretch All Levels Yoga**

Lesson 97 : **35 Minute Gentle Movements and Deep Yin All Levels Yoga**

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