Mindluster Platform

About the course Yoga for shoulder mobility and flexibility

Course Presenter : Yoga With Bird

Yoga for shoulder mobility, in this course enhance your shoulder mobility and relieve tension with this targeted Yoga for Shoulder Mobility course. Designed for all levels, this course features a series of gentle stretches and mindful movements to improve flexibility, strengthen supporting muscles, and increase the range of motion in your shoulders. Whether you experience stiffness from daily activities or want to prevent shoulder-related issues, these yoga sequences are tailored to release tightness and promote healthier joints. With step-by-step guidance, you'll learn techniques to enhance posture, reduce discomfort, and build shoulder stability. Perfect for home practice, this course empowers you to achieve greater ease and fluidity in your shoulder movements. Start your journey to better mobility and well-being today. Yoga With Bird

Medical Category's Courses

Course Lesson(9)

Lesson 1 : **Yoga For Shoulder Mobility and Flexibility DAY 6 Beginners Yoga For Inflexibility**

Lesson 2 : **Beginners Yoga For Hip Mobility DAY 8 Yoga For Inflexible People**

Lesson 3 : **10 Minute Yoga 6 Movements Of The Spine DAY 13 Yoga For Inflexible People**

Lesson 4 : **Yoga For Beginners Stretches For Quads And Psoas DAY 15 Yoga For Inflexible People**

Lesson 5 : **Beginners Yoga Side Body Stretch For Flexibility DAY 16 Yoga For Inflexible People**

Lesson 6 : **Yoga For Feet Ankles ANKLE FLEXIBILITY MOBILITY STRETCHES DAY 19**

Lesson 7 :
Beginners Yoga For Leg Flexibility ACTIVE LEG STRETCHES DAY 20 Yoga For Inflexible People

Lesson 8 : **Yoga For Inner Thigh Groin Flexibility DYNAMIC LEG STRETCHES DAY 21**

Lesson 9 : **Yoga to Nourish Your Feet Foot Stretches for Healthy Feet**

Related courses

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