Mindluster Platform

About the course Desk Yoga for back

Course Presenter : Yoga With Bird

Desk Yoga for back, in this course relieve back tension and improve posture with our Desk Yoga for Back Course, perfect for those spending long hours at a desk. This course teaches gentle stretches, targeted poses, and mindful breathing techniques to ease back pain, release stiffness, and enhance spinal health. Learn simple exercises you can perform at your workspace to boost circulation, reduce stress, and maintain flexibility. Whether you're working from home or in an office, this course is designed to fit seamlessly into your routine. Join us to discover effective ways to counteract the effects of prolonged sitting and keep your back healthy and strong. Yoga With Bird

Medical Category's Courses

Course Lesson(13)

Lesson 1 : **5 Minute Yoga Stretch Morning Yoga For BEGINNERS In Just 5 MINUTES**

Lesson 2 : **5 Minute Yoga In Bed 30 Days Yoga**

Lesson 3 : **5 Minute Yoga MORNING YOGA FOR BEGINNERS**

Lesson 4 : **5 Minute Yoga This is The BEST Morning Yoga In Just 5 MINUTES**

Lesson 5 : **5 Minute Desk Yoga For Back Neck Pain Office Yoga For Beginners**

Lesson 6 : **BEGINNERS 5 Minute Yoga Stretch**

Lesson 7 : **5 Minute Morning Yoga For Beginners**

Lesson 8 : **5 Minute Morning Yoga Flow For Beginners**

Lesson 9 : **5 Minute Morning Yoga Flow For Beginners Half Sun Salutation A**

Lesson 10 : **5 Minute Yoga BEST Morning Yoga Stretches For Beginners**

Lesson 11 : **5 Minute Yoga With NO DOWN DOG Standing Yoga Flow**

Lesson 12 : **5 Minute Yoga ENERGIZING 5 Minute Morning Yoga Flow**

Lesson 13 : **5 Minute Yoga FULL BODY STRETCH 30 Days Of Yoga**

Related courses

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for Business Contact
business@mindluster.com