Mindluster Platform

About the course Office Yoga for beginners

Course Presenter : Yoga With Bird

Office Yoga, in this course designed to help you stay active, relaxed, and focused right at your desk. This course teaches easy-to-follow stretches, breathing techniques, and mindfulness practices tailored for office environments. Learn how to reduce stress, alleviate tension in the neck, shoulders, and back, and improve posture and flexibility, all without leaving your workspace. Whether you're working from home or in an office setting, these exercises can be seamlessly integrated into your daily routine. Suitable for all fitness levels, this course empowers you to boost physical and mental well-being while enhancing productivity and energy throughout the day. Join us and bring the benefits of yoga into your work life. Yoga With Bird

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **5 Minute Yoga In Bed 30 Days Yoga**

Lesson 2 : **5 Minute Yoga FULL BODY STRETCH 30 Days Of Yoga**

Lesson 3 : **5 Minute Yoga Stretch Morning Yoga For BEGINNERS In Just 5 MINUTES**

Lesson 4 : **5 Minute Desk Yoga For Back Neck Pain Office Yoga For Beginners**

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

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