Mindluster Platform

About the course Yoga wheel stretches

Course Presenter : Yoga With Bird

Yoga wheel stretches, in this course unlock new levels of flexibility and strength with our Yoga Wheel Stretches Course. This course introduces the versatile yoga wheel, designed to deepen stretches, improve balance, and build core strength. Learn a variety of poses and techniques that target the back, shoulders, hips, and hamstrings, helping to release tension and enhance mobility. Perfect for all skill levels, the course provides modifications for beginners and challenges for advanced practitioners. With guided instructions, you'll safely explore backbends, open the chest, and achieve greater body awareness. Join us to experience the transformative benefits of yoga wheel stretches and elevate your practice to new heights. Yoga With Bird

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **Yoga Wheel Full Body Stretch**

Lesson 2 : **10 Min Yoga Wheel Stretches For General Back Pain Tension Relief All Levels Yoga**

Lesson 3 : **Yoga Wheel Flow Best Shoulder Stretches**

Lesson 4 : **Yoga Wheel Stretches for Tension and General Back Pain Relief**

Lesson 5 : **QUICK FIX YOGA for Back Pain Upper Body Tension and Poor Posture with a Yoga Wheel**

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