Mindluster Platform

About the course ASMR Yoga for sleep

Course Presenter : Yoga With Bird

ASMR Yoga for sleep, in this course discover the ultimate relaxation with our ASMR Yoga for Sleep Course. This unique experience combines gentle yoga poses with soothing ASMR techniques, including soft whispers, calming sounds, and mindful breathing. Learn how to release physical tension, quiet the mind, and prepare your body for deep, restorative sleep. Designed for all levels, this course focuses on slow, intentional movements and relaxation exercises that enhance sleep quality and reduce stress. With a serene atmosphere and guided sessions, you'll create a nightly ritual that promotes calmness and tranquility. Join us to embrace restful nights and wake up feeling refreshed and rejuvenated. Yoga With Bird

Medical Category's Courses

Course Lesson(6)

Lesson 1 : **ASMR Hand Waving Finger Fluttering and Finger Snapping Looped**

Lesson 2 : **Black Screen ASMR Guided Meditation with Whispering Tapping Tingles**

Lesson 3 : **ASMR Sleep Guided Meditation For Relaxation**

Lesson 4 : **ASMR Yoga Restorative Yoga For Stress With Whisper Tapping Tingles**

Lesson 5 : **ASMR Yoga For Sleep Soft Spoken Whisper**

Lesson 6 : **PAINT WITH ME ASMR Relaxing Watercolor Painting With Jazz Music**

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