Mindluster Platform

About the course Detox Yoga for digestion

Course Presenter : Yoga With Bird

Detox Yoga for digestion, in this course focuses on yoga poses and techniques that stimulate the digestive system, promote detoxification, and relieve discomfort like bloating or indigestion. You'll learn gentle twists, forward bends, and deep breathing exercises designed to improve circulation to digestive organs and support natural detox processes. Perfect for all levels, the course provides modifications for beginners and challenges for advanced practitioners. Each session emphasizes mindfulness and relaxation to enhance overall gut health and well-being. Join us to discover a holistic approach to digestion through yoga, leaving you feeling lighter, balanced, and rejuvenated. Yoga With Bird

Medical Category's Courses

Course Lesson(8)

Lesson 1 : **Beginners Yoga For Overall Health And Wellbeing 7 Class Yoga Series**

Lesson 2 : **15 Minute Morning Yoga Full Body Stretch To Feel Your Best Yoga For Overall Health**

Lesson 3 : **30 Minute Restorative Yoga For Stress And Relaxation Yoga For Overall Health**

Lesson 4 : **Detox Yoga For Digestion And Toxin Release Yoga For Overall Health**

Lesson 5 : **15 Minute Yoga For Deep Sleep Yoga For Overall Health**

Lesson 6 : **5 Minute Yoga Flow For Strength Balance Yoga For Overall Health**

Lesson 7 : **Yoga For General Back And Hip Pain Yoga For Overall Health**

Lesson 8 : **Chair Yoga For Tension Relief Yoga For Overall Health**

Related courses

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