Mindluster Platform

About the course Yoga for lower back pain at home

Course Presenter : Yoga With Bird

Yoga for lower back pain, in this course relieve discomfort and strengthen your back with our Yoga for Lower Back Pain Course. This course is designed to target the muscles supporting your lower back, releasing tension and improving mobility through gentle, effective yoga poses. Learn stretches like Cat-Cow, Childâ€™s Pose, and Seated Forward Bend to alleviate pain and prevent further strain. Guided sessions include breathing techniques to promote relaxation and posture alignment, helping you build strength and flexibility in the lower back and surrounding areas. Suitable for all fitness levels, the course provides modifications for beginners and advanced variations for experienced practitioners. Join us to experience the benefits of yoga in managing lower back pain and enhancing overall well-being. Yoga With Bird

Medical Category's Courses

Course Lesson(78)

Lesson 1 : **Restorative Yoga For Back Pain Using Acupressure Mat**

Lesson 2 : **10 Min Yoga Flow for General Back Pain Core Strength All Levels Yoga**

Lesson 3 : **Best Yoga Block Poses For Back Pain Relief**

Lesson 4 : **15 Min Yoga Block Poses For General Back Pain Tension All Levels Yoga**

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

Lesson 6 : **10 Min Yoga Wheel Stretches For General Back Pain Tension Relief All Levels Yoga**

Lesson 7 : **Lower Back Pain And Hip Tension Relief Using A Yoga Block**

Lesson 8 : **Yoga For Lower Back Pain Beginner Yoga**

Lesson 9 : **Yoga Block Pose To Relieve Back Pain Anxiety Improve Posture Yoga To Feel Your Best**

Lesson 10 : **15 Minute Restorative Yoga for Lower Back Pain and Hip Tension**

Lesson 11 : **Yoga For Hips Lower Back Pain**

Lesson 12 : **Yoga For Back Pain Best Stretches For Back Pain Relief**

Lesson 13 : **Best Stretches for Back Spine 10 Minute Yoga For Beginners**

Lesson 14 : **Yoga For The Upper Back Pain Tension Relief**

Lesson 15 : **Yoga For Hips Lower Back Release Deep Stretch For Hip Flexibility**

Lesson 16 : **20 Min Yoga Stretch For Upper Back Shoulders All Levels Yoga**

Lesson 17 : **Morning Yoga For Upper Back Neck Tension Upper Back Stretches**

Lesson 18 : **Restorative Yoga Stretches For Neck Shoulders And Upper Back Tension Relief**

Lesson 19 : **5 Minute Desk Yoga For Back Neck Pain Office Yoga For Beginners**

Lesson 20 : **15 Min Restorative Yoga Block Stretch for Emotional Release All Levels Yoga**

Lesson 21 : **Yoga Wheel Flow Best Shoulder Stretches**

Lesson 22 : **Heart Opening Yoga Flow For Chest Shoulders Upper Back**

Lesson 23 : **Stretches For Anterior Pelvic Tilt Yoga For Better Posture**

Lesson 24 : **3 Ways To Relieve Stress**

Lesson 25 : **20 Minute Yin Yoga For Hips Upper Back**

Lesson 26 : **20 Min Yoga For Hip Tension Flexibility Intermediate Advanced Yoga**

Lesson 27 : **Restorative Yoga For Relaxation Full Body Stretch**

Lesson 28 : **Yoga For TENSION RELIEF Sore Muscles 10 Minute Yoga Flow For Beginners**

Lesson 29 : **10 Minute Yoga Full Body Stretch for Tension Relief**

Lesson 30 : **How To Fix Hunchback Posture Better Your Posture With This Yoga Routine**

Lesson 31 : **Restorative Yoga For Stress Tension Relief Using Yoga Blocks**

Lesson 32 : **Seated Yoga Warm up Beginner Friendly Yoga**

Lesson 33 : **Restorative Yoga For Stress Relief**

Lesson 34 : **Yin Yoga For Hip Mobility And Flexibility**

Lesson 35 : **Restorative Yoga 15 Minute Full Body Stretch**

Lesson 36 : **10 Min Shoulder Stretches For Flexibility Intermediate Advanced Yoga**

Lesson 37 : **10 Minute Morning Yoga Full Body Stretch**

Lesson 38 : **10 Minute Morning Yoga For Beginners Full Body Stretch**

Lesson 39 : **Yin Yoga For Hip Flexibility 15 Minute Yoga**

Lesson 40 : **Yoga Wheel Full Body Stretch**

Lesson 41 : **Yoga Wheel Stretches for Tension and General Back Pain Relief**

Lesson 42 : **20 Minute Restorative Yoga For General Back Pain Relief**

Lesson 43 : **YOGA CLASS in Just 1 Minute BEST Yoga Stretch for Hip Tension**

Lesson 44 : **Restorative Yoga Chest and Upper Back Stretches**

Lesson 45 : **Yoga for Upper Body Tension General Back Pain Relief Yoga For Beginners**

Lesson 46 : **Yoga for Upper Body Tension Relief BEST Stretches for Neck Shoulders and Upper Back**

Lesson 47 : **Yoga Stretches for Lower Back Tension**

Lesson 48 : **Yoga for Anxiety with Yoga Blocks BEST Yoga for Stress**

Lesson 49 : **Restorative Yoga Full Body Stretch**

Lesson 50 : **5 Minute Yoga for Back Tension 6 Movements of the Spine**

Lesson 51 : **Morning Yoga for Lower Body Tension Relief 30 Day Morning Yoga Challenge**

Lesson 52 : **Morning Yoga for Upper Body Tension**

Lesson 53 : **Restorative Morning Yoga for Back and Hip Tension 30 Day Morning Yoga Challenge**

Lesson 54 : **5 Minute Morning Yoga for the Spine 30 Day Morning Yoga Challenge**

Lesson 55 : **5 MIN Morning Yoga Stretch To Feel Your BEST**

Lesson 56 : **Morning Yoga Stretch To Feel Your BEST**

Lesson 57 : **Morning Yoga for Hip Tension Relief**

Lesson 58 : **Morning Yoga Lower Body Stretch**

Lesson 59 : **10 Min Yoga Stretch for Shoulders Chest**

Lesson 60 : **QUICK FIX YOGA for Back Pain Upper Body Tension and Poor Posture with a Yoga Wheel**

Lesson 61 : **10 Min Morning Yoga Upper Body Stretch**

Lesson 62 : **Intermediate Yin Yoga Deep Hip Stretch Tension Relief for Flexible People**

Lesson 63 : **10 Minute Yoga Stretch for Upper Body Tension Relief**

Lesson 64 : **Blissful Deep Bed Yoga Stretch for Sleep a Calm Mind Relaxation**

Lesson 65 : **20 Minute Restorative Yoga for Stress Emotional Relief**

Lesson 66 : **10 Minute Yoga Upper Body Stretch**

Lesson 67 : **Restorative Yoga Upper Body Tension Relief**

Lesson 68 : **Evening Yoga Hip Back Tension Relief**

Lesson 69 : **Yoga Lower Body Stretch for Tension Relief**

Lesson 70 : **QUICK Gentle Yoga Stretch for Busy People**

Lesson 71 : **Yin Yoga for Hip Flexibility Tension Relief**

Lesson 72 : **10 Minute Yoga for Hip and Lower Back Tension Relief**

Lesson 73 : **Yoga Stretch for Lower Body Sore Muscle Tension Relief**

Lesson 74 : **15 Min Yoga Upper Body Stretch for Tension and Sore Muscles All Levels Yoga**

Lesson 75 : **10 Min Yoga Stretch for Upper and Lower Body Tension Relief**

Lesson 76 : **10 Minute Yoga Stretch to do ANYTIME you need Relaxation**

Lesson 77 : **Guided Meditation for Releasing Subconscious Blockages Sleep Meditation for Clearing Negativity**

Lesson 78 : **15 Min Anytime Yoga for Deep Relaxation Stress Relief**

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