Mindluster Platform

About the course Yoga workout for upper back

Course Presenter : Yoga With Bird

Yoga workout for upper back, in this course is tailored to strengthen and relieve tension in the upper back through targeted yoga poses and stretches. You'll learn techniques to improve posture, increase flexibility, and reduce discomfort caused by sitting or stress. Poses such as Cat-Cow, Cobra, and Thread the Needle will be taught step-by-step, making it accessible for all levels. By focusing on the shoulders, neck, and upper spine, this yoga practice helps alleviate stiffness, promote better alignment, and enhance overall well-being. Whether you're looking to relieve upper back pain, enhance mobility, or simply build strength in this area, this course provides a holistic and effective solution. Join us to rejuvenate your upper back and feel more relaxed and energized. Yoga With Bird

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **5 Minute Yoga With NO DOWN DOG Standing Yoga Flow**

Lesson 2 : **5 Minute Hands Free Yoga Flow For Strength Balance**

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

Lesson 4 : **Morning Yoga For Upper Back Neck Tension Upper Back Stretches**

Lesson 5 : **10 Minute MORNING YOGA Full Body Stretch For Beginners**

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