Mindluster Platform

About the course Yoga shoulder stretches for tension

Course Presenter : Yoga With Bird

Yoga shoulder stretches for tension, in this course focuses on relieving shoulder tension and promoting flexibility through targeted yoga stretches. Youâ€™ll learn effective poses like Eagle Arms, Thread the Needle, and Cow Face Pose to release tightness, reduce stiffness, and improve posture. Designed for all levels, the course provides step-by-step guidance, making it accessible and safe for beginners and advanced practitioners alike. These stretches also benefit the neck and upper back, helping alleviate discomfort caused by stress, poor posture, or prolonged sitting. By the end of the course, youâ€™ll experience enhanced mobility, relaxation, and a deeper connection between your body and breath. Join us to release tension and revitalize your shoulders. Yoga With Bird

Medical Category's Courses

Course Lesson(105)

Lesson 1 : **20 Minute Restorative Yoga BEST Yoga for Relaxation**

Lesson 2 : **20 Minute Restorative Yoga Full Body Stretch**

Lesson 3 : **10 Minute Yoga Full Body Stretch Restorative Yoga for Beginners**

Lesson 4 : **Restorative Yoga For Relaxation Full Body Stretch**

Lesson 5 : **30 Minute Restorative Yoga For Relaxation**

Lesson 6 : **Restorative Yoga For Stress Relief**

Lesson 7 : **30 Minute Restorative Yoga For Stress And Relaxation Yoga For Overall Health**

Lesson 8 : **Yoga For Sleep And Relaxation Restorative Yoga**

Lesson 9 : **10 Minute Restorative Yoga For Relaxation All Levels Yoga**

Lesson 10 : **Restorative Yoga Flow Full Body Stretch**

Lesson 11 : **Restorative Yoga Shoulder Stretches For Tension Beginners Yoga**

Lesson 12 : **Restorative Yoga For Stress Tension Relief Using Yoga Blocks**

Lesson 13 : **Restorative Yoga Deep Stretch for STRESS with Guided Meditation for RELAXATION**

Lesson 14 : **Restorative Yoga 15 Minute Full Body Stretch**

Lesson 15 : **10 Min Restorative Yoga For Stress Anxiety All Levels Yoga**

Lesson 16 : **Restorative Yoga For Sleep Bedtime Yoga**

Lesson 17 : **Restorative Yoga For Deep Sleep And Relaxation 30 Days Of Yoga**

Lesson 18 : **20 Minute Restorative Yoga Full Body Stretch 30 Days Of Yoga**

Lesson 19 : **Restorative Yoga For Hips Emotional Release Best Stress Relief**

Lesson 20 : **Restorative Yoga For Stress Relief 30 Minute Yoga**

Lesson 21 : **Restorative Yoga For Relaxation 30 Days Of Yoga**

Lesson 22 : **Restorative Yoga Stretches For Neck Shoulders And Upper Back Tension Relief**

Lesson 23 : **Restorative Yoga For RELAXATION Calm Mind 30 Days Of Yoga**

Lesson 24 : **Restorative Bed Yoga For Relaxation 30 Days Of Yoga**

Lesson 25 : **Restorative Yoga For Restless Legs 30 Days Of Yoga**

Lesson 26 : **15 Minute Restorative Yoga for Lower Back Pain and Hip Tension**

Lesson 27 : **Restorative Yoga For Anxiety 30 Days Of Yoga**

Lesson 28 : **Restorative Yoga For Back Pain 30 Days Of Yoga**

Lesson 29 : **Restorative Yoga With Yoga Blocks For Tension Release**

Lesson 30 : **Restorative Yoga For Chest Shoulders Upper Back 30 Days Of Yoga**

Lesson 31 : **Restorative Yoga For Deep Sleep 30 Days Of Yoga**

Lesson 32 : **Deep Hip Stretch For Emotional Release Stress 15 Minute Restorative Yoga**

Lesson 33 : **Restorative Yoga Upper Back Tension Relief 30 Days Of Yoga**

Lesson 34 : **Breathe Better Using Yoga Blocks Restorative Yoga For Tension Relief**

Lesson 35 : **Best Stretches For Sore Muscles Restorative Yoga For Sore Hips 30 Days Of Yoga**

Lesson 36 : **Restorative Yoga For Tension Relief 30 Days Of Yoga**

Lesson 37 : **Best STRESS RELIEF Restorative Yoga To Let Go 30 Days Of Yoga**

Lesson 38 : **RESTORATIVE YOGA for STRESS 30 Days of Yoga**

Lesson 39 : **Restorative Yoga For Back Pain Using Acupressure Mat**

Lesson 40 : **Restorative Yoga For Restless Legs 30 Days Of Yoga**

Lesson 41 : **Restorative Yoga For Hips Day 5**

Lesson 42 : **Restorative Bed Yoga Deep Hip Stretch 30 Days Of Yoga**

Lesson 43 : **Bath Yoga 10 Minute Restorative Yoga All Levels Yoga**

Lesson 44 : **15 Minute Morning Yoga Full Body Stretch To Feel Your Best Yoga For Overall Health**

Lesson 45 : **Beginners Yoga For Leg Flexibility Flexibility Stretches For Beginners**

Lesson 46 : **ASMR Yoga Restorative Yoga For Stress With Whisper Tapping Tingles**

Lesson 47 : **Beginners Yoga Full Body Stretch DAY 2 Yoga For Inflexible People**

Lesson 48 : **Restorative Yoga For Hip Flexibility DAY 11 Yoga For Inflexible People**

Lesson 49 : **Restorative Yoga For Upper Body Flexibility DAY 12 Yoga For Inflexible People**

Lesson 50 : **Restorative Yoga For Stress DAY 30 Yoga For Inflexible People**

Lesson 51 : **20 Minute Restorative Yoga BEST Yoga for DEEP SLEEP**

Lesson 52 : **Restorative Yoga for Hips BEST Bed Yoga for Relaxation**

Lesson 53 : **20 Minute Guided Meditation Body Scan Relaxation Anxiety Stress Insomnia Sleep**

Lesson 54 : **20 Minute Restorative Yoga For General Back Pain Relief**

Lesson 55 : **Restorative Yoga Chest and Upper Back Stretches**

Lesson 56 : **Yoga for Upper Body Tension Relief BEST Stretches for Neck Shoulders and Upper Back**

Lesson 57 : **Restorative Yoga for Stress and Relaxation Yoga in Bed**

Lesson 58 : **Yoga Stretches for Lower Back Tension**

Lesson 59 : **Cozy Yoga for When You Feel Sluggish**

Lesson 60 : **Yoga for Anxiety with Yoga Blocks BEST Yoga for Stress**

Lesson 61 : **Restorative Yoga Full Body Stretch**

Lesson 62 : **60 minute Restorative Yoga for Mental Health with Melissa West**

Lesson 63 : **Restorative Yoga for Tension Relief Yoga to LET GO**

Lesson 64 :
QUICK FIX YOGA for Back Pain Upper Body Tension and Poor Posture with a Yoga Wheel

Lesson 65 : **Restorative Yoga for Lower Back and Hip Tension BEST Yoga Block Poses**

Lesson 66 : **15 Min Yoga FULL BODY STRETCH Deep Relaxation**

Lesson 67 : **20 Minute Restorative Yoga for Stress Emotional Relief**

Lesson 68 : **Restorative Yoga Upper Body Tension Relief**

Lesson 69 : **10 Minute Restorative Yoga for Relaxation**

Lesson 70 : **Restorative Yoga to Let Go**

Lesson 71 : **Restorative Yoga For Relaxation Forgiveness**

Lesson 72 : **Bedtime Yoga Stretch to Release Tension and Stress**

Lesson 73 : **Restorative Yoga to Let Go**

Lesson 74 : **Restorative Evening Yoga Stretch to SLEEP GOOD**

Lesson 75 : **Yoga Stretches for Psoas Hip Flexors**

Lesson 76 : **Bedtime Yoga for Tension Relief Relaxation**

Lesson 77 : **Yoga Stretch for Lower Body Sore Muscle Tension Relief**

Lesson 78 : **Bedtime Yoga for Sleep Anxiety and Stress**

Lesson 79 : **Restorative Yoga for Anxiety Tension Within The Chest**

Lesson 80 :
Restorative Yoga for When You Feel Like Doing ABSOLUTELY NOTHING Yoga For Beginners

Lesson 81 : **35 Min Restorative Yoga for Deep Relaxation All Levels Yoga**

Lesson 82 :
THUNDER and RAIN Sounds for Sleeping BLACK SCREEN Sleep and Relaxation Dark Screen Nature Sounds

Lesson 83 : **20 Min Yoga for Hip Tension and Deep Relaxation Bonus Class**

Lesson 84 : **30 Min Yin Yoga for Relaxation All Levels Yoga**

Lesson 85 : **10 Min Morning Yoga Gentle Wakeup 30 Day Yoga Challenge Day 16**

Lesson 86 :
Restorative Yoga for EMOTIONAL RELEASE and Hip Tension 30 Day Yoga Challenge 2022 DAY 22

Lesson 87 : **10 Minute Gentle Yoga Stretch**

Lesson 88 : **15 Min Period Yoga for Menstrual Cramps Relief All Levels Yoga**

Lesson 89 : **5 Min Gentle Yoga for Relaxation Beginner Friendly Yoga**

Lesson 90 : **10 Min Yoga Stretch for Tension Relief Beginner Friendly Yoga**

Lesson 91 : **60 Min Minimal Cueing Yin Yoga for Flexible People Intermediate Yoga**

Lesson 92 : **15 Min Yoga Upper Body Stretch for Tension and Sore Muscles All Levels Yoga**

Lesson 93 : **10 Min Relaxing Yoga Stretch All Levels Yoga**

Lesson 94 : **30 Min Calming Yoga Stretch All Levels Yoga**

Lesson 95 : **35 Min Minimal Cueing Restorative Bedtime Yoga All Levels Yoga**

Lesson 96 : **15 Min Relaxing Yoga for Lower Back Tension Relief**

Lesson 97 : **15 Min Anytime Yoga for Deep Relaxation Stress Relief**

Lesson 98 : **Deep Stretch for Hip Lower Back Tension Relief Yoga for Flexible People**

Lesson 99 : **Restorative Yoga for Back Tension Relief With Acupressure Pranamat Eco**

Lesson 100 : **30 Min Restorative Yoga for Deep Rest All Levels Yoga**

Lesson 101 :
35 Min Morning Yoga Upper Body Stretch for Anxiety Relief Intermediate Advanced Yoga

Lesson 102 : **15 Min Restorative Yoga for Upper Body Tension Relief**

Lesson 103 : **15 Minute RELAXING Bedtime Yoga**

Lesson 104 : **10 Minute Yoga Stretch for Full Body Tension Relief**

Lesson 105 : **Lower Body Yoga Deep Stretch for Sore Muscles Restless Legs**

Related courses

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