Mindluster Platform

# About the course Yoga shoulder stretches for tension

### Course Presenter : Yoga With Bird

Yoga shoulder stretches for tension, in this course is designed to relieve shoulder tension and improve 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 enhance posture. These poses focus on gently stretching and strengthening the shoulders, neck, and upper back, making them ideal for individuals dealing with stress, poor posture, or discomfort from sitting for long periods. The course provides step-by-step instructions, making it suitable for all levels, from beginners to experienced practitioners. In addition to physical relief, these stretches promote relaxation, improve circulation, and reduce stress, helping you feel more at ease and balanced. Join us to discover how yoga can transform your shoulder mobility and overall well-being. Yoga With Bird

**Medical Category's Courses**

# Course Lesson(58)

Lesson 1 : **Restorative Yoga Shoulder Stretches For Tension Beginners Yoga**

Lesson 2 : **15 Min Restorative Yoga Block Stretch for Emotional Release All Levels Yoga**

Lesson 3 : **20 Min Yoga Stretch For Upper Back Shoulders All Levels Yoga**

Lesson 4 : **10 Min Yoga Wheel Stretches For General Back Pain Tension Relief All Levels Yoga**

Lesson 5 : **10 Min Shoulder Stretches For Flexibility Intermediate Advanced Yoga**

Lesson 6 : **15 Min Yoga Block Poses For General Back Pain Tension All Levels Yoga**

Lesson 7 : **5 Minute Desk Yoga For Back Neck Pain Office Yoga For Beginners**

Lesson 8 : **Seated Yoga Warm up Beginner Friendly Yoga**

Lesson 9 : **20 Minute Yin Yoga For Hips Upper Back**

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

Lesson 11 : **Best Yoga Block Poses For Back Pain Relief**

Lesson 12 : **Yoga Backbend Warm Up Improve Back Flexibility**

Lesson 13 : **How To Fix Hunchback Posture Better Your Posture With This Yoga Routine**

Lesson 14 : **Yoga Wheel Flow Best Shoulder Stretches**

Lesson 15 : **Yoga Block Pose To Relieve Back Pain Anxiety Improve Posture Yoga To Feel Your Best**

Lesson 16 : **Yoga For The Upper Back Pain Tension Relief**

Lesson 17 : **10 Minute Yoga Full Body Stretch Restorative Yoga for Beginners**

Lesson 18 : **Heart Opening Yoga Flow For Chest Shoulders Upper Back**

Lesson 19 : **10 Minute Yoga Full Body Stretch for Tension Relief**

Lesson 20 : **Morning Yoga For Beginners 10 Minute Full Body Stretch**

Lesson 21 : **Restorative Yoga For Stress Tension Relief Using Yoga Blocks**

Lesson 22 : **10 Minute Morning Yoga For Beginners Full Body Stretch**

Lesson 23 : **Yoga For TENSION RELIEF Sore Muscles 10 Minute Yoga Flow For Beginners**

Lesson 24 : **Morning Yoga For Upper Back Neck Tension Upper Back Stretches**

Lesson 25 : **Restorative Yoga Stretches For Neck Shoulders And Upper Back Tension Relief**

Lesson 26 : **10 Minute Morning Yoga Full Body Stretch**

Lesson 27 : **15 Minute Morning Yoga Full Body Stretch To Feel Your Best Yoga For Overall Health**

Lesson 28 : **Yoga For Wrists Best Wrist Stretches**

Lesson 29 : **Yoga Wheel Full Body Stretch**

Lesson 30 : **10 Minute MORNING YOGA Full Body Stretch For Beginners**

Lesson 31 : **10 Minute Morning Yoga Stretch**

Lesson 32 : **30 Minute Restorative Yoga For Relaxation**

Lesson 33 : **Restorative Yoga For Anxiety 30 Days Of Yoga**

Lesson 34 : **Restorative Yoga Upper Back Tension Relief 30 Days Of Yoga**

Lesson 35 : **RESTORATIVE YOGA for STRESS 30 Days of Yoga**

Lesson 36 : **Restorative Yoga For Chest Shoulders Upper Back 30 Days Of Yoga**

Lesson 37 : **Restorative Yoga For Relaxation 30 Days Of Yoga**

Lesson 38 : **5 Minute Yoga BEST Morning Yoga To Start Your Day**

Lesson 39 : **Breathe Better Using Yoga Blocks Restorative Yoga For Tension Relief**

Lesson 40 : **BEST Morning Stretches In Bed 10 Minute Morning Yoga Full Body Stretch**

Lesson 41 : **1 Minute Yoga Morning Yoga Back Stretch**

Lesson 42 : **1 Minute Yoga Upper Body Stretches BEST Desk Yoga Stretch**

Lesson 43 : **1 Minute Yoga For Posture and Upper Back Tension**

Lesson 44 : **1 Minute Yoga Shoulder Neck Tension Relief**

Lesson 45 : **Yoga For Shoulder Mobility and Flexibility DAY 6 Beginners Yoga For Inflexibility**

Lesson 46 : **Beginners Yoga For Shoulder Flexibility DAY 7 Yoga For Inflexible People**

Lesson 47 : **Restorative Yoga For Upper Body Flexibility DAY 12 Yoga For Inflexible People**

Lesson 48 : **1 Minute Yoga Upper Back Shoulder Tension Relief**

Lesson 49 :
**Restorative Yoga with YOGA BLOCKS for Tension Relief DAY 25 Yoga For Inflexible People**

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

Lesson 51 : **Yoga Wheel Stretches for Tension and General Back Pain Relief**

Lesson 52 : **Restorative Yoga Chest and Upper Back Stretches**

Lesson 53 : **Yoga for Upper Body Tension Relief BEST Stretches for Neck Shoulders and Upper Back**

Lesson 54 :
**QUICK FIX YOGA for Back Pain Upper Body Tension and Poor Posture with a Yoga Wheel**

Lesson 55 : **10 Min Morning Yoga Upper Body Stretch**

Lesson 56 : **10 Minute Yoga Upper Body Stretch**

Lesson 57 : **15 Min Yoga Upper Body Stretch for Tension and Sore Muscles All Levels Yoga**

Lesson 58 : **10 Min Yoga Stretch for Upper and Lower Body Tension Relief**

# Related courses

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