Mindluster Platform

About the course Restorative Yoga for tension relief at home

Course Presenter : Yoga With Bird

Restorative Yoga for tension relief, in this course is designed to help you release physical and mental tension through calming and supportive yoga practices. Using props like blankets and bolsters, youâ€™ll learn gentle, long-held poses that promote deep relaxation and ease tightness in areas like the neck, shoulders, and back. The course focuses on slow, mindful movements and breathing techniques to calm the nervous system, reduce stress, and restore balance to your body and mind. Perfect for all levels, these restorative practices provide a peaceful way to recharge, improve flexibility, and enhance overall well-being. Whether you're dealing with stress, fatigue, or simply looking for a way to unwind, this course offers the tools to create a sense of calm and relief in your daily life. Join us to experience the restorative power of yoga for tension relief. Yoga With Bird

Medical Category's Courses

Course Lesson(88)

Lesson 1 : **30 Minute Yin Yoga For Hip Flexibility No Props**

Lesson 2 : **Private Skype Yoga Classes Online Yoga Lessons With Bird**

Lesson 3 : **30 Min Yoga For Tight Quads Psoas Intermediate Advanced Yoga**

Lesson 4 : **30 Min Yoga For Self Love Confidence Intermediate Advanced Yoga**

Lesson 5 : **30 Min Yin Yoga For Hip Flexibility All Levels Yoga**

Lesson 6 : **30 Minute Yoga For Your Period PMS Menstrual Cramps All Levels Yoga**

Lesson 7 : **Restorative Yoga For Stress Relief 30 Minute Yoga**

Lesson 8 : **Gentle Morning Yoga Flow For Beginners LIVE**

Lesson 9 : **Yin Yoga For Hips Stretches For Hip Flexibility Intermediate Yoga**

Lesson 10 : **Yin Yoga For Hips Deep Yoga Stretch Yoga With Bird**

Lesson 11 : **Beginners Yoga For Flexibility 30 Minute Yoga**

Lesson 12 : **Yin Yoga For Hip Flexibility Intermediate Yoga 30 Minute Yoga**

Lesson 13 : **Restorative Yoga For Hips Emotional Release Best Stress Relief**

Lesson 14 : **30 Minute Yin Yoga For Hip Flexibility Deep Hip Stretches**

Lesson 15 : **Restorative Yoga Stretches For Neck Shoulders And Upper Back Tension Relief**

Lesson 16 : **Restorative Yoga Deep Stretch for STRESS with Guided Meditation for RELAXATION**

Lesson 17 : **30 Minute Restorative Yoga For Relaxation**

Lesson 18 : **Breathe Better Using Yoga Blocks Restorative Yoga For Tension Relief**

Lesson 19 : **Intermediate Vinyasa Yoga Flow With Headstand**

Lesson 20 : **Beginners Yoga Full Body Stretch DAY 2 Yoga For Inflexible People**

Lesson 21 : **Total Body Yoga Flow To Stretch Strengthen DAY 3 Yoga For Inflexible People**

Lesson 22 :
Beginners Yoga Full Body Stretch For Posture Flexibility DAY 10 Yoga For Inflexible People

Lesson 23 :
BEST Stretches For Splits BEGINNERS SPLITS TUTORIAL DAY 27 Yoga For Inflexible People

Lesson 24 : **Restorative Yoga for Hips BEST Bed Yoga for Relaxation**

Lesson 25 : **30 Minute Yin Yoga For Hips DEEP HIP STRETCH**

Lesson 26 : **YIN YOGA for Hips Intermediate Yoga**

Lesson 27 : **Yoga For Sore Muscles Full Body Stretch Release**

Lesson 28 : **Full Body Yoga Flow 30 Minute Yoga**

Lesson 29 : **Restorative Yoga for Stress and Relaxation Yoga in Bed**

Lesson 30 : **Full Body Yoga Flow for Overall Health**

Lesson 31 : **Yin Yoga Deep Hip Stretch Yoga For Hip Flexibility Tension Relief**

Lesson 32 : **Restorative Yoga for Tension Relief Yoga to LET GO**

Lesson 33 : **Yin Yoga Hip Stretches for Better Sleep Tension Release**

Lesson 34 :
LIVE 30 min Gentle Yoga Flow Q A Tattoos Reality TV Am I Single Favorite Vegan Food More

Lesson 35 : **Intermediate Yoga for Overall Health FEEL INCREDIBLE**

Lesson 36 : **30 Min Hatha Yoga For Overall Health All Levels Yoga**

Lesson 37 : **30 Min Yoga Full Body Stretch All Levels Yoga**

Lesson 38 : **40 Min Minimal Cueing Heart Opening Yoga Flow Intermediate Yoga**

Lesson 39 : **30 Min Yin Yoga Deep Hip Stretch For Experienced Practitioners**

Lesson 40 : **30 Min Yoga Stretch for Lower Body Tension Relief All Levels Yoga**

Lesson 41 : **30 Min Hatha Yoga Flow for Overall Health All Levels Yoga**

Lesson 42 : **35 Min Restorative Yoga for Deep Relaxation All Levels Yoga**

Lesson 43 : **30 Min Yoga Flow Deep Stretch for Hips Intermediate Yoga**

Lesson 44 : **40 Min Hatha Yoga Full Body Flow All Levels Yoga**

Lesson 45 : **30 Min Calming Yoga Stretch All Levels Yoga**

Lesson 46 : **35 Min Minimal Cues Deep Stretch for Better Sleep Intermediate Advanced Yoga**

Lesson 47 : **30 Min Yoga Twist Flow Intermediate Advanced Yoga**

Lesson 48 : **30 Min Full Body Yoga Stretch All Levels Yoga**

Lesson 49 : **30 Min Yoga Deep Stretch for Tension Relaxation Intermediate Advanced Yoga**

Lesson 50 : **30 Min Restorative Yin Stretch All Levels Yoga**

Lesson 51 : **30 Min Yoga Yin Flow Intermediate Advanced Yoga**

Lesson 52 : **30 Min Morning Yoga Stretch and Flow All Levels Yoga**

Lesson 53 : **30 Min Yin Yoga Deep Hip Stretch LONG SAVASANA Intermediate Advanced Yoga**

Lesson 54 : **30 Min Bedtime Yoga Stretch All Levels Yoga**

Lesson 55 :
30 Min Upper Body Yin Restorative Yoga Stretch WITH BLOCK Intermediate Advanced Yoga

Lesson 56 : **30 Min Morning Yoga Full Body Stretch All Levels Yoga**

Lesson 57 : **30 Min Yin Vinyasa Yoga Intermediate Advanced Yoga**

Lesson 58 : **30 Minute Full Body Deep Stretch Intermediate Advanced**

Lesson 59 : **30 Min Full Body Yoga Flow Stretch All Levels Yoga**

Lesson 60 : **30 Min Deep Stretch for Tension Relief All Levels Yoga**

Lesson 61 : **30 Min Lower Body Yin Yoga Deep Stretch Intermediate Advanced Yoga**

Lesson 62 : **35 Min Yoga Stretch for Relaxation and Sleep All Levels Yoga**

Lesson 63 : **35 Min Restorative Yoga for Relaxation All Levels Yoga**

Lesson 64 : **35 Min Yin Vin Power Yoga Fusion Intermediate Advanced Yoga**

Lesson 65 : **30 Min Deep Lower Body Stretch Intermediate Advanced Yoga**

Lesson 66 : **40 Min Deep Full Body Stretch Intermediate Advanced Yoga**

Lesson 67 : **EXTREMELY RELAXING Yin Yoga Minimal Cues Advanced Yoga**

Lesson 68 : **40 Min Yoga Stretch for Stress Tension Relief Intermediate Advanced Yoga**

Lesson 69 : **35 Min Bedtime Yoga for Restless Legs and Deep Sleep All Levels Yoga**

Lesson 70 : **50 Min Restorative Deep Hip Stretch for Relaxation All Levels Yoga**

Lesson 71 : **40 Min Deep Rest Restorative Yoga To Lull You Before Bed All Levels Yoga**

Lesson 72 : **30 Minute Hatha Yoga Flow FEEL INCREDIBLE**

Lesson 73 : **Deep Stretch for Hip Lower Back Tension Relief Yoga for Flexible People**

Lesson 74 : **30 Min Power Flow Minimal Cueing Intermediate Advanced Yoga**

Lesson 75 : **30 Min Gentle Yoga To Fill Your Cup Intermediate Yoga**

Lesson 76 : **30 Min Yoga For Deep Sleep With Blocks All Levels Yoga**

Lesson 77 : **30 min Restorative Yin for Rest With Blocks All Levels Yoga**

Lesson 78 : **PERIOD YOGA with an Optional Block Yoga for Cramps Soreness Lower Body Aches**

Lesson 79 : **30 Min Yoga Stretch Flow for Beginners**

Lesson 80 : **30 Min Deep Hip Stretch Intermediate Yoga**

Lesson 81 : **35 Min Minimal Cueing Power Flow Yin Yoga Intermediate Yoga**

Lesson 82 : **40 Min Yoga Full Body Stretch All Levels Yoga**

Lesson 83 : **30 Min Relaxing Hip Stretch All Levels Yoga**

Lesson 84 : **35 Min Restorative Yin Stretch Intermediate Yoga**

Lesson 85 : **30 Min DEEP REST Restorative yoga All Levels Yoga**

Lesson 86 : **30 Min Bedtime Restorative Yin All Levels Yoga**

Lesson 87 : **30 Min Yoga for Emotional Release All Levels Yoga**

Lesson 88 : **35 Minute Gentle Movements and Deep Yin All Levels Yoga**

Related courses

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