

Complete Yoga Course: Home Practice with Video Lessons

Build flexibility, reduce stress, and master yoga through structured video lessons for all experience levels.

Health Instructor: Jordan Clarke • 5 sections • 51 lessons • 18.25h total

[View this course online](#) [Browse all courses](#)

About this course

Many people want to practice yoga at home but struggle with inconsistent guidance or lack of structure. Online resources can feel scattered, making it hard to progress safely or stay motivated. This course addresses that by providing a clear path from the very basics to advanced techniques.

You'll learn foundational poses, breathing methods, sequencing, and styles like Vinyasa and Hatha through step-by-step video lessons. Includes real case studies on alignment correction, practical sequences for daily use, and tips for building a sustainable routine.

Course curriculum

Foundations and Preparation

- **Welcome to Yoga: Understanding the Basics (10m)**
Introduction to yoga's purpose and benefits for modern lifestyles, setting the stage for your practice.
- **Creating Your Home Yoga Space (12m)**
Step-by-step guide to setting up a safe, comfortable area with minimal equipment.
- **Essential Breathing Techniques (15m)**
Learn Pranayama fundamentals to calm the mind and support your movements.
- **Core Yoga Poses for Beginners (20m)**
Breakdown of key poses like Mountain, Child's, and Downward Dog with proper form.
- **Alignment Principles to Prevent Injury (18m)**
How to maintain correct posture in common poses, using visual cues and cues.
- **Mastering Sun Salutation A (25m)**
Full sequence walkthrough with modifications for different flexibility levels.
- **Using Props: Blocks, Straps, and Mats (10m)**
Introduction to tools that enhance your practice and make poses accessible.
- **Your First Simple Yoga Flow (22m)**
Combine basic poses into a gentle sequence to build confidence and rhythm.

Core Concepts and Techniques

- **Standing Poses: Warrior Series and Beyond (28m)**
Detailed exploration of strength-building poses like Warrior I, II, and Triangle.
- **Seated and Supine Poses for Flexibility (22m)**
Focus on poses that improve mobility in hips, back, and legs with gentle holds.
- **Balancing Poses for Stability (20m)**
Techniques to develop focus and steadiness with Tree Pose and Half Moon.
- **Forward Bends and Backbends Safely (25m)**
Practice spinal health with poses like Seated Forward Bend and Cobra, including safeguards.
- **Twists and Core Engagement (18m)**
Learn twists for digestion and core poses to build strength and stability.
- **Inversions: Starting with Shoulder Stand (30m)**
Step-by-step progression to inverted poses, emphasizing safety and support.
- **Sequencing Poses for Smooth Transitions (22m)**
How to link movements fluidly, using breath as a guide for flow.
- **Correcting Common Mistakes (15m)**
Real case study on fixing alignment errors in popular poses to avoid strain.
- **Yoga for Desk Workers: Relieving Tension (20m)**
Targeted poses for shoulders, neck, and back from prolonged sitting.
- **Introduction to Yin Yoga (25m)**
Deep, passive stretches held for longer periods to improve connective tissue health.

Deep Dive into Styles and Practices

- **Vinyasa Flow: Breath and Movement Sync (32m)**
Build dynamic sequences that link poses with inhales and exhales for energy.
- **Hatha Yoga: Strength Through Holds (28m)**
Longer pose holds to deepen engagement and build endurance.
- **Restorative Yoga for Deep Relaxation (25m)**
Use props in supported poses for stress relief and recovery.
- **Power Yoga for Building Strength (30m)**
Challenging flows that focus on muscle activation and cardiovascular health.
- **Deep Stretches for Flexibility Gains (22m)**
Focus on hamstrings, hips, and shoulders with targeted, gradual stretches.
- **Integrating Meditation into Your Practice (18m)**
Guided mindfulness sessions to enhance mental clarity and calm.
- **Advanced Breathing Techniques (20m)**
Practices like Ujjayi and Kapalabhati to regulate energy and focus.
- **Yoga Philosophy: Ethical Foundations (15m)**
Overview of Yamas and Niyamas as guides for on- and off-mat behavior.

Advanced Application and Specialization

- **Advanced Poses: Crow and Handstand Prep (35m)**
Safety-first progressions for inversions, including drills and modifications.
- **Complex Sequences for Experienced Yogis (40m)**
Challenging flows with seamless transitions and creative combinations.
- **Yoga for Athletes: Enhancing Performance (30m)**
Sport-specific sequences to improve mobility, balance, and recovery.
- **Prenatal Yoga: Safe Modifications (25m)**
Adapted poses and breathing for different pregnancy stages, with case examples.
- **Gentle Yoga for Seniors (20m)**
Focus on joint mobility, balance, and relaxation with chair and floor options.
- **Therapeutic Yoga for Injury Recovery (28m)**
Case study on using yoga for rehab, with careful sequencing and props.
- **Combining Yoga with Other Fitness Routines (22m)**
How to integrate yoga with strength training or cardio for balanced fitness.
- **Creating Your Own Yoga Sequences (18m)**
Principles of sequencing to design personalized flows for specific goals.
- **What to Expect at Yoga Retreats (15m)**
Guide to in-person events, including preparation and participation tips.
- **Basics of Teaching Yoga to Others (25m)**
Introduction to cueing, observation, and adapting for group settings.
- **Yoga and Nutrition: Practical Tips (20m)**
Dietary suggestions that support energy, recovery, and overall well-being.

- **Advanced Pranayama and Bandhas (30m)**
Energy-lock techniques and advanced breath control for deeper practice.

Implementation and Long-Term Practice

- **Designing Your Weekly Yoga Schedule (18m)**
Practical planning to fit yoga into busy lives with consistent habits.
- **Energizing Morning Yoga Routines (22m)**
Short sequences to start your day with vitality and focus.
- **Evening Yoga for Better Sleep (20m)**
Calming practices to wind down and prepare for restful nights.
- **Quick Desk Yoga Sessions (10m)**
Simple poses and stretches for breaks during work hours.
- **Overcoming Plateaus and Staying Motivated (15m)**
Strategies to refresh your practice and track progress.
- **Finding Community and Resources Online (12m)**
How to connect with other practitioners and access ongoing learning.
- **Tracking Your Yoga Progress (14m)**
Journaling methods and self-assessment to measure improvements.
- **Yoga for Managing Anxiety and Stress (25m)**
Techniques like breathwork and restorative poses for emotional balance.
- **Adapting Practice to Seasons (18m)**
Modify sequences based on weather, energy levels, and personal needs.
- **Yoga Gear and Technology Updates (10m)**
Overview of mats, apps, and wearables that can enhance your practice.
- **Case Study: A Journey to Regular Practice (20m)**
Real-life story of building consistency, with lessons learned.
- **Sustaining a Home Yoga Practice Long-Term (22m)**
Tips for maintenance, avoiding burnout, and evolving your routine.
- **Full Body Integration Sequence (30m)**
Comprehensive flow that ties together all learned poses and principles.

Discover our blog

Learn more with free articles written by our professors and guest experts.

Latest article: **[Flight Attendant Preparation: What to Study Before You Apply](#)**

[Visit the blog](#) [All courses](#) [This course](#)