

Best Youtube Videos for Beginners Yoga for Lupus and Fibromyalgia

One of my favorite and sometimes only way to stay active, is to do yoga. Most people have heard of yoga and may think it is just some kind of health fad that does not provide any real benefit. The truth is, if I do not do some sort of yoga or stretching daily, my body will get 'stuck' and it becomes a lot harder to get my body moving again. I started looking on Youtube for various yoga videos aimed at those with fibromyalgia and other diseases with chronic pain.

Naturally, I was looking for videos aimed at those who were new to yoga. Surprisingly, after doing many sessions over the last year or so, I am still on the beginner videos! I try to do some poses and stretches as soon as I wake up to help my joints and muscles 'warm up' for the day. Then, I try to incorporate a few more stretches in the afternoon to keep my joints and muscles engaged. While the mornings are the hardest times for me, I have found that doing even a few light moves will help my body make it through the day.

I always take things slow and modify certain poses and stretches to fit what needs I have for the day. As many of you know, with lupus and fibromyalgia, you can be fine one day and not the next. I use this unreliable body schedule to figure out which poses I will focus on for the day and where I may need to modify the exercises a little more.

For example, if I woke up to a stiff back and lower back pain, I would look for poses that can help with that symptom. The next day, I could be having knee issues, so I would look for a new video that focuses on kneed pain.

The best part of this is that it can be tailored to your

specific needs daily...and it's completely FREE!

If you have been looking for a way to start becoming more active with lupus or fibromyalgia, I highly recommend checking out some of these beginner videos below.

If you find a channel you really like, make sure you subscribe to them on Youtube so that you can follow when they post new videos.

Yoga is a great way to stretch your body while also focusing on better breathing and a calmer mind. Stress is a major flare trigger for me, so yoga really helps me to practice better mind health as well.



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BEGINNERS YOGA FOR LUPUS AND FIBROMYALGIA

www.lupuslyfe.com

the best videos on youtube for

#1: [Sleepy Santosha](#) and GENTLE YOGA FOR FIBROMYALGIA

#2 [YogaYin](#) with YOGA for MUSCLE PAIN & FATIGUE & FIBROMYALGIA

#3 [Shima Flow Yoga](#) and Yoga for Fibromyalgia I Fibromyalgia Pain Relief I Exercise for Fibromyalgia

#4 [Yoga With Adriene](#) with Morning Yoga for Beginners – Gentle Morning Yoga

#5 [Chaz Rough](#) with Yoga for Fibromyalgia

#6 [Dr. Swamy Venuturupalli, MD, FACR](#) and Yoga For Lupus (entire video)

#7 [Dr. Connie Jeon](#) with Beginner's Yoga for Lupus

#8 [Yoga Lifestyle with Melissa](#) with Yoga with Lupus

#9 [Cody Kennedy](#) and Beat Lupus Naturally

#10 [The Yoga Room \(Round Rock, TX\)](#) with Yoga for Fibromyalgia

