

CORE STRENGTH YOGA SEQUENCE

Focus: Transverse Abdominis & Stability & Duration: 30 Minutes

1. Cat-Cow Variations *Marjaryasana Bitilasana* 2 MINUTES & WARM-UP

Focus on pulling the navel toward the spine during every exhale.

2. Plank Pose *Phalakasana* 5 ROUNDS & 30 SECONDS

Keep shoulders over wrists. Engage quads and draw lower belly in.

3. Boat Pose *Navasana* 3 ROUNDS & 10 BREATHS

Lift through the chest. Keep spine straight. Option to bend knees.

4. Forearm Plank *Makara Adho Mukha Svanasana* 3 ROUNDS & 45 SECONDS

Maintain a straight line from heels to crown. Avoid sagging hips.

5. Side Plank *Vasisthasana* 30 SECONDS PER SIDE

Stack feet or drop one knee for support. Lift bottom hip high.

6. Locust Pose *Salabhasana* 5 ROUNDS & 5 BREATHS

Strengthen back core. Lift chest and legs simultaneously.

7. Chair Pose Twist *Parivrtta Utkatasana* 5 BREATHS PER SIDE

Keep knees aligned. Use core to rotate from the mid-back.

8. Reclined Pigeon *Supta Kapotasana* 2 MINUTES & COOL DOWN

Release tension in the hips and lower back after core work.

Move with breath. Listen to your body. Practice daily for optimal results.