

Yoga Sequence for Core Strength



Balasana Child's Pose



Start In Child's Pose. Connect with your breathing. Feel the breath expanding the low back on the inhale.



Marjaryasana Cat Pose



MARTIN SCODUTO

From all fours. Take 3-5 rounds of cat/cow. Alternating between rounding and arching the spine. As you round hugging the low belly in an up.



Adho Mukha Svanasana Downward-Facing Dog



MARTY SCODUTO

Lifting up into Downward Facing dog. Hold for 3-5 breaths.



Plank Pose



From downward facinf dog, draw forward into plank pose. Hugging the low belly in and up to find stability and strength. Hold for 5 breaths.



Paripurna Navasana Full Boat Pose



CHRIS ANDRE

From seated, lean back and lift the belly in and up and bring the legs up to a 90 degree right angle to the floor or higher over time. Hold for 5 breaths, lower down and repeat twice more.



Scissor Twists

Lie on your back and hug both knees into your chest, curl your shoulders and head off the floor, reach back and press fingertips lightly into the back of your head for support. Inhale in this central position. Exhale, draw your right knee into the chest, and either leave the left leg bent

with knee over hip joint or stretch it out in front of you-the higher, the easier. Inhale, both knees return to centre over the hips. Exhale, right elbow comes towards left knee this time. Do Scissor Twists 5-10 times on each side, then once you take your left elbow to the right knee for the final time, hold here, and proceed to the next pose.

Created by Laura Fisher Yoga.
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