

CORE YOGA

1. Crow Pose

How to practice Crow Pose: From a squat position, place your palms flat on the ground out in front of you. Place your knees gently on the back of your upper arms. Tilt forward to lift your toes off the ground and balance on your bent arms, looking forward.



2. Plank Pose

How to practice Plank Pose: Step back to balance on your palms and on your bent toes in a plank position. Keep your arms straight and your back long and flat.



3. Dolphin Pose

How to practice Dolphin Pose: On your hands and knees, bend your elbows and rest your forearms on the ground, keeping your palms flat on the ground. Lift your knees to straighten your legs and then look forward.



4. Scale Pose

How to practice Scale Pose: Come to sitting comfortably cross-legged or in Lotus Pose. Place your palms flat on the ground outside your thighs. Lean forward slightly, press into your hands, and lift your buttocks and legs off the ground. Hold for a few breaths then slowly lower to the ground.



5. Boat Pose

How to practice Boat Pose: Balance on your buttocks with your arms and legs straight out in front of you in a V shape. Keep a straight spine and open chest.



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Crow Pose



Plank Pose



Dolphin Pose



Scale Pose



Boat Pose