

## Core Yoga Challenge 3: 12 Weeks To Sculpt A 6 Pack



Image	Pose	Description
	<p>Hero</p>	<p>Sit with buttocks on heels. Feet slightly wider than hips with tops of feet flat on floor. Angle big toes slightly toward each other. Release shoulder blades away from ears.</p> <p><b>Benefits:</b> Stretches quads, thighs, knees, and ankles. Helping build flexibility in knees, ankles, and thighs. Improves posture. Improves breathing.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/py0vL4mc09w?rel=0">https://www.youtube.com/embed/py0vL4mc09w?rel=0</a></p> <p><b>Modifications:</b> A) Baby Hero: Sit on knees and shins. Place feet with soles pointing behind you with toes touching the mat. B) Sit On Heels: Bring feet close to each other. Place them one upon the other with soles pointing backwards. Placing sit bones on heels raises hip higher. This brings pressure on ankles, so do this modification carefully. C) Practice Uddiyana Bandha: Place hands on thighs. Push hands downwards on knees and raise chest and upper abdomen upwards. Take a deep inhale through your nose and exhale quickly and powerfully. Exhale all the way until the end of the breath. This stretches diaphragm to its most expanded position. At end of your exhale, pull belly in as if you are trying to bring navel to touch your spine. Keep belly like this while taking no further breaths. Release belly. D) Raised Arms: raise arms above shoulders with fingers interlocked and gaze up.</p> <p><b>Precautions :</b> Knee or ankle injury.</p>
	<p>Hero Side Bend</p>	<p>Sit with buttocks on heels. Feet slightly wider than hips with tops of feet flat on floor. Angle big toes slightly toward each other. Release shoulder blades away from ears. Interlock (or hold hands) and raise them overhead. Bend to the side. Hold. Repeat on other side.</p> <p><b>Alternatives:</b> Hero. Child. Extended Child.</p> <p><b>Benefits:</b> Stretches thighs, knees, ankles. Releases stiffness in legs/low back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/py0vL4mc09w?rel=0">https://www.youtube.com/embed/py0vL4mc09w?rel=0</a></p> <p><b>Modifications:</b> A) Bolster or block between legs. B) Only raise one arm overhead.</p> <p><b>Precautions :</b> Knee or ankle injury.</p>




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	Cat Cow	<p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat.</p> <p><b>Benefits:</b> Stretches lower back. Engage core. Decompress spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/kqnua4rHVVA">https://www.youtube.com/embed/kqnua4rHVVA</a></p> <p><b>Modifications:</b> Knee to chest. Raise leg or arm.</p> <p><b>Precautions :</b> Neck injury.</p>
	Child	<p>Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs. Alternatives include: Child with head on bolster. Child with bolster between legs. Child pose with arms extended. Child with hands on back. Child with cheek on mat. Child with leg raised and arms extended.</p> <p><b>Benefits:</b> Stretches hips, thighs, and ankles. Relieves back pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/qYvYsFrTI0U">https://www.youtube.com/embed/qYvYsFrTI0U</a></p> <p><b>Modifications:</b> A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl the toes under (instead of flat). D) Place a rolled towel under your shins (take the stress off of your ankles). E) Place a yoga blanket underneath the knees for padding.-F) Place a folded towel underneath the knees for padding.-G) Place a bolster or pillow under your stomach or chest and stay for up 10 minutes. H) Go deeper into the hip stretch by spreading your knees wider.</p> <p><b>Precautions :</b> Pregnancy. Knee injury.</p>
	Extended Puppy	<p>Come to all fours. Walk hands in front lowering chest down to floor. Keep hips raised over knees. Release forehead to floor. Stretch arms.</p> <p><b>Benefits:</b> Hip opener. Stretches inner thighs, groins, hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/TKDdMTmS08g?rel=0">https://www.youtube.com/embed/TKDdMTmS08g?rel=0</a></p> <p><b>Precautions :</b> Knee or ankle injuries. Back pain.</p>




Image	Pose	Description
	Reversed Savasana	<p>Lie on stomach. Stretch both arms forward. Palms face down. Forehead rests on floor. Melt into your mat. Relax deeper on each exhale.</p> <p><b>Alternatives:</b> Leg or arm lift.</p> <p><b>Benefits:</b> Relaxing. Core strengthener.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/pDH_kn0xL4w">https://www.youtube.com/embed/pDH_kn0xL4w</a></p> <p><b>Modifications:</b> Place hands on forehead in Yoni Mudra. Pillow under chest.</p> <p><b>Precautions :</b> Pregnancy.</p>
	Cobra	<p>Lie face down. Feet together. Toes pointing behind. Hands flat on the floor by the rib cage. Lift chest. Gaze forward.</p> <p><b>Alternatives:</b> Sphinx. Crocodile.</p> <p><b>Benefits:</b> Supple spine. Strengthen palms, wrists, toes.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zgvoIE4NAH0">https://www.youtube.com/embed/zgvoIE4NAH0</a></p> <p><b>Modifications:</b> A) Cobra with a folded blanket under hips. B) Cobra with one leg raised. C) Cobra with two legs raised. D) Cobra with one arm raised in front. E) Cobra with two arms raised in front. F) Cobra with one arm raised to the side. G) Cobra with two arms raised to the side. H) Cobra on elbows. I) Cobra with both hands behind the head. J) Revolved cobra. K) Striking cobra (extended child to cobra). L) Chair cobra (seated backbend). M) Baby cobra (don't lift chest all the way up).</p> <p><b>Precautions :</b> Pregnancy. CTS. Back injury.</p>
	Prone Leg Arm Raises	<p>Lie face down with forehead resting on mat. Align neck and head. Extend arms in front of you with palms facing down. Lengthen torso by stretching neck away from body. Engage abs. Keep head in line with upper back and raise left arm and right leg 6 inches. Hold. Lower to start. Raise right arm and left leg. Keep alternating.</p> <p><b>Benefits:</b> Strengthens shoulders, spine, buttocks, hamstrings. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/YrrnXPh3gb8">https://www.youtube.com/embed/YrrnXPh3gb8</a></p> <p><b>Precautions :</b> Neck and back injury. Headache.</p>

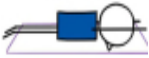

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	Superman	<p>Lie on stomach. Feet together. Forehead on floor. Arms by sides. Palms up. Stretch chin slightly forward. Rest chin on mat. Soften front of body. Lift chest, arms, legs and thighs. Gaze straight ahead.</p> <p><b>Alternatives:</b> Legs up wall.</p> <p><b>Benefits:</b> Tones back muscles. Stimulate lower back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/GbXBAC-gkqk">https://www.youtube.com/embed/GbXBAC-gkqk</a></p> <p><b>Modifications:</b> 1 leg up. Wide legs. Hands under body, to side or in front.</p> <p><b>Precautions :</b> HBP. Hernia. Back injury.</p>
	Crocodile Side Turn	<p>Lie on stomach. Bend elbows. Right wrist under left elbow. Left wrist under right elbow. Bend right leg to same side without lifting thighs. Line right heel with knee, shin parallel to left leg. Hold. Switch sides.</p> <p><b>Alternatives:</b> Crocodile pose.</p> <p><b>Benefits:</b> Opens hips. Relieves groin area.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/EEQJvDj2zAM">https://www.youtube.com/embed/EEQJvDj2zAM</a></p> <p><b>Modifications:</b> Folded blanket under hips and/or extended knee.</p>




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	Child	<p>Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs. Alternatives include: Child with head on bolster. Child with bolster between legs. Child pose with arms extended. Child with hands on back. Child with cheek on mat. Child with leg raised and arms extended.</p> <p><b>Benefits:</b> Stretches hips, thighs, and ankles. Relieves back pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/qYvYsFrTI0U">https://www.youtube.com/embed/qYvYsFrTI0U</a></p> <p><b>Modifications:</b> A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl the toes under (instead of flat). D) Place a rolled towel under your shins (take the stress off of your ankles). E) Place a yoga blanket underneath the knees for padding.-F) Place a folded towel underneath the knees for padding.-G) Place a bolster or pillow under your stomach or chest and stay for up 10 minutes. H) Go deeper into the hip stretch by spreading your knees wider.</p> <p><b>Precautions :</b> Pregnancy. Knee injury.</p>
	End Of Sequence	
	Downward Facing Dog	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbl?rel=0">https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</a></p> <p><b>Modifications:</b> A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p><b>Precautions :</b> Pregnant. High blood pressure. Headache.</p>



Image	Pose	Description
	<p>Standing Fold</p>	<p>Stand in Mountain. Stretch arms overhead. Bend knees slightly (don't straighten knees by locking them back). Fold forward from your waist. Back of neck soft. Hang loosely. Allow the spine take its time to stretch forward.</p> <p><b>Benefits:</b> Calms the brain. Helps relieve stress. Stimulates liver and kidneys. Stretches hamstrings, calves, &amp; hips. Strengthens thighs and knees. Improves digestion. Helps relieve symptoms of menopause. Reduces fatigue. Relieves headache and insomnia. Therapeutic for asthma, high blood pressure, infertility, osteoporosis, and sinusitis.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0">https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</a></p> <p><b>Modifications:</b> A) Bent knees. B) Loop fingers around big toes. C) Place upper back against wall. D) Place hands on blocks that are positioned close to your feet. E) Baby standing forward bend (bend only half way down). F) Use a chair or wall for going half way down. G) Do not use leverage in the pose to go deeper into the bend. Instead let the body be loose as a goose while bending and allow the spine take its time to stretch forward. H) Place head on a chair when in the forward bend. I) Do Gorilla pose (palms under soles of feet).</p> <p><b>Precautions :</b> Back, knee, and hamstring injuries.</p>
	<p>Downward Facing Dog Revolved</p>	<p>Come into Downward Facing Dog. Lift left hand and reach it beneath torso and around to right thigh. Allow waist and torso to twist open to the right. Place left hand on ground to outside of right foot. If that is not possible, rest hand on outside of right shin or upper thigh. Turn head to look underneath right arm. Gaze up. Hold. To release un-twist and return left hand to mat. Come back into Downward-Facing Dog. Repeat on other side.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ZnJ2f9AHWyM">https://www.youtube.com/embed/ZnJ2f9AHWyM</a></p> <p><b>Modifications:</b> Use wall. Head on block.</p> <p><b>Precautions :</b> Pregnant. High blood pressure. Headache.</p>



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	<p>Revolved Wide Leg Forward Bend</p>	<p>Start in Mountain. Widen legs. Toes pointing straight ahead (not splayed out). Root down. Fold forward. Walk hands forward until hands are under shoulders. Left hand to middle of your stance (in line with your face). Right hand on pelvis. Twist to the right raising right arm up. Release. Switch sides.</p> <p><b>Alternatives:</b> Forward Bend.</p> <p><b>Benefits:</b> Strengthens and stretches legs, spine. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/sT17dMA16Mo">https://www.youtube.com/embed/sT17dMA16Mo</a></p> <p><b>Modifications:</b> Raise hands on block.</p> <p><b>Precautions :</b> Low back injury.</p>
	<p>Downward Facing Dog Split</p>	<p>Start in Downward Facing Dog. Raise right leg while keeping hips level (hips stay squared with floor). Equal weight in both arms. Extend through raised right heel and crown of head. After holding pose with hips squared for several breaths, open right hip, stacking it over left hip (allows right leg to go higher). Keep torso from twisting left. Bend right knee. Right heel toward left buttock. Hold. Straighten right leg and square hips toward floor. Release right foot to floor. Repeat on left side.</p> <p><b>Benefits:</b> Hip stretch.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/yMlqo5YIsA8">https://www.youtube.com/embed/yMlqo5YIsA8</a></p> <p><b>Modifications:</b> Head on block.</p> <p><b>Precautions :</b> Pregnant. High blood pressure.</p>




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	<p>Cat Head To Knee</p>	<p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Engage core. Bring forehead to right knee. Bring forehead to left knee. Modifications include: Cat pose with leg raised. Cat pose with arm raised. Cat pose with rib cage circles. Cat pose with feet to the side.</p> <p><b>Benefits:</b> Stretches lower back. Engage care. Decompress spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/sQ7xdUBKuS0">https://www.youtube.com/embed/sQ7xdUBKuS0</a></p> <p><b>Modifications:</b> Raise leg or arm.</p> <p><b>Precautions :</b> Neck injury.</p>
	<p>Downward Facing Dog Knee To Nose</p>	<p>Come into Downward Facing Dog. Raise right leg up and bring knee to nose. Repeat on other side.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/PyNP6ZkNvFg">https://www.youtube.com/embed/PyNP6ZkNvFg</a></p> <p><b>Modifications:</b> Wide stance.</p> <p><b>Precautions :</b> Pregnant. Headache.</p>
	<p>Downward Facing Dog</p>	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbl?rel=0">https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</a></p> <p><b>Modifications:</b> A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance.</p> <p><b>Precautions :</b> Pregnant. High blood pressure. Headache.</p>




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	<p>Four Limbed Staff</p>	<p>Start in Plank Pose. Firm shoulder blades against back ribs. Lower body a few inches above floor. Keep legs active. Engage core (suck belly button in). Elbows close to sides. Gaze forward.</p> <p><b>Benefits:</b> Strengthens arms, wrists. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/wljya7wWews?rel=0">https://www.youtube.com/embed/wljya7wWews?rel=0</a></p> <p><b>Modifications:</b> One leg four limbed staff pose (leg raised). Tree four limbed staff pose (foot to knee).</p> <p><b>Precautions :</b> Carpal tunnel. Pregnancy.</p>
	<p>Reversed Savasana</p>	<p>Lie on stomach. Stretch both arms forward. Palms face down. Forehead rests on floor. Melt into your mat. Relax deeper on each exhale.</p> <p><b>Alternatives:</b> Leg or arm lift.</p> <p><b>Benefits:</b> Relaxing. Core strengthener.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/pDH_kn0xL4w">https://www.youtube.com/embed/pDH_kn0xL4w</a></p> <p><b>Modifications:</b> Place hands on forehead in Yoni Mudra. Pillow under chest.</p> <p><b>Precautions :</b> Pregnancy.</p>
	<p>Cobra</p>	<p>Lie face down. Feet together. Toes pointing behind. Hands flat on the floor by the rib cage. Lift chest. Gaze forward.</p> <p><b>Alternatives:</b> Sphinx. Crocodile.</p> <p><b>Benefits:</b> Supple spine. Strengthen palms, wrists, toes.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zgvoIE4NAH0">https://www.youtube.com/embed/zgvoIE4NAH0</a></p> <p><b>Modifications:</b> A) Cobra with a folded blanket under hips. B) Cobra with one leg raised. C) Cobra with two legs raised. D) Cobra with one arm raised in front. E) Cobra with two arms raised in front. F) Cobra with one arm raised to the side. G) Cobra with two arms raised to the side. H) Cobra on elbows. I) Cobra with both hands behind the head. J) Revolved cobra. K) Striking cobra (extended child to cobra). L) Chair cobra (seated backbend). M) Baby cobra (don't lift chest all the way up).</p> <p><b>Precautions :</b> Pregnancy. CTS. Back injury.</p>

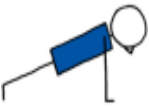
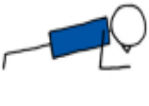
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	Plank	<p>Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Fingertips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold.</p> <p><b>Alternatives:</b> Dolphin. One Legged Side Plank.</p> <p><b>Benefits:</b> Strengthens arms, wrists, spine. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/pSWYGXSNjdE?rel=0">https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</a></p> <p><b>Modifications:</b> Knees on floor. Use wall to place feet for support.</p> <p><b>Precautions :</b> Carpal tunnel syndrome</p>
	Plank On Forearms	<p>Lie face down on mat. Arms bent. Elbows close to sides. Palms face down. Hands alongside head. Raise head off floor slightly. Rest tips of feet on mat. Engage core and leg muscles to raise body up. Support weight on forearms and toes. Gaze between arms. Hold.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Strengthens arms, wrists, spine. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/wCBOqf-HrTI">https://www.youtube.com/embed/wCBOqf-HrTI</a></p> <p><b>Modifications:</b> Knees on floor.</p> <p><b>Precautions :</b> Carpal tunnel syndrome. Pregnancy.</p>




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	Child	<p>Sit on heels. Walk hands forward until forehead touches floor. Arms alongside legs. Alternatives include: Child with head on bolster. Child with bolster between legs. Child pose with arms extended. Child with hands on back. Child with cheek on mat. Child with leg raised and arms extended.</p> <p><b>Benefits:</b> Stretches hips, thighs, and ankles. Relieves back pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/qYvYsFrTI0U">https://www.youtube.com/embed/qYvYsFrTI0U</a></p> <p><b>Modifications:</b> A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl the toes under (instead of flat). D) Place a rolled towel under your shins (take the stress off of your ankles). E) Place a yoga blanket underneath the knees for padding.-F) Place a folded towel underneath the knees for padding.-G) Place a bolster or pillow under your stomach or chest and stay for up 10 minutes. H) Go deeper into the hip stretch by spreading your knees wider.</p> <p><b>Precautions :</b> Pregnancy. Knee injury.</p>
	End Of Sequence	
	Dolphin	<p>Come onto hands and knees. Press forearms into floor. Curl toes under. Lift knees away from floor. Keep knees slightly bent. Heels lifted. Press forearms actively into floor. Hold head between upper arms. Straighten knees. Lengthen tailbone away from pelvis.</p> <p><b>Benefits:</b> Stretches shoulders, hams, calves. Strengthens arms, and legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/tptnGlyB-ms?rel=0">https://www.youtube.com/embed/tptnGlyB-ms?rel=0</a></p> <p><b>Modifications:</b> A) If upper back rounds, bend your knees. B) Support feet with folded blanket if they don't remain firm on mat. C) Support elbows with blankets. D) Support head on Yoga block or folded cushion (if pose feels difficult). E) Use wall to support feet. F) Support forearms facing wall.</p> <p><b>Precautions :</b> Shoulder or neck injury. HBP.</p>



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	<p>Extended Side Angle Elbow On Thigh</p>	<p>Start in Downward Facing Dog. Step right foot forward next to right hand. Bend right knee. Right elbow on right thigh. Left arm up (form line with body). Open chest. Repeat on left.</p> <p><b>Alternatives:</b> High or Low Lunge.</p> <p><b>Benefits:</b> Stretches legs, groins, and hamstrings. Opens chest and shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/qgd25hEbnXk">https://www.youtube.com/embed/qgd25hEbnXk</a></p> <p><b>Modifications:</b> A) Using wall for back support. B) Using wall for extended arm support. C) Block placed by foot. D) Place a chair in front of bent knee for extra support making sure chair does not move. E) Place bent thigh over a chair. F) Keep arm on thigh (instead of placing palm on the mat). G) Gaze down instead of up. H) Place hand in front of foot instead of behind.</p> <p><b>Precautions :</b> Knee injury.</p>
	<p>Extended Triangle</p>	<p>From Warrior II straighten front leg (right leg). Reach right arm forward. Drop right hand onto shin or ankle. Left shoulder stacks on top of right. Reach left fingertips upwards. Gaze at fingertips. Slightly bend right knee. Repeat on left.</p> <p><b>Benefits:</b> Strengthen legs. Stretches groins, hams, hips. Chest opener.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/6xKznn99qd4?rel=0">https://www.youtube.com/embed/6xKznn99qd4?rel=0</a></p> <p><b>Modifications:</b> Use a block.</p>



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	<p>Low Lunge</p>	<p>Start in Downward Facing Dog. Step right foot forward, between hands. Lower left knee to floor, sliding foot back until you feel a nice stretch in left hip and thigh. Keep hips low and level with each other. Place hands on thigh (or lift chest away from thigh, sweeping arms up alongside ears). Look straight ahead. Lower hands and step back to Downward Facing Dog.</p> <p><b>Benefits:</b> Stretches legs, groin, and hip flexors. Strengthens thighs and buttocks.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/R5zeuZuA8T4?rel=0">https://www.youtube.com/embed/R5zeuZuA8T4?rel=0</a></p> <p><b>Modifications:</b> A) Move between forward leg being bent and straight. B) Lower back knee to the mat.-C) Face a wall (press big toe of front foot against a wall and bring fingertips to the wall). D) Low lunge twist (bend back knee and reach for foot or ankle with opposite hand). E) Side lunge.</p> <p><b>Precautions :</b> Knee injury.</p>




Image	Pose	Description
	Lunge Twist	<p>Stand in a lunge with left leg in front and right knee raised off the floor. Gently twist to left side. Keep right elbow on left thigh. Place hands in namaste mudra (prayer). Root the back foot into the ground. Gaze up. Hold. Repeat on other side (e.g. by going into Downward Facing Dog and bringing right leg in front).</p> <p><b>Benefits:</b> Uses all muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/tfQ3CWUlozQ">https://www.youtube.com/embed/tfQ3CWUlozQ</a></p> <p><b>Modifications:</b> A) Standing twist. B Seated twist. C) Don't look up (look at the mat).</p> <p><b>Precautions :</b> Headache. High or low blood pressure.</p>
	Downward Facing Dog Wide Stance	<p>Start in Mountain. Forward bend. Step feet back out wide one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Alternatives:</b> Dolphin.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbl?rel=0">https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</a></p> <p><b>Modifications:</b> A) Use wall. B) Head on block. C) Leg up. D) Arm up.</p> <p><b>Precautions :</b> Pregnant. HBP. Headache.</p>
	Wide Leg Forward Bend	<p>Start in Mountain. Widen legs. Hands on hips. Fold forward from hips into Forward Bend. Release torso down on exhale. Hands to floor. Walk feet wider apart. Release head. Lengthen legs on inhale. Release torso on exhale. To release bring hands to hips and lift up.</p> <p><b>Benefits:</b> Strengthens and stretches legs, spine. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/gYeXUJdUsxg?rel=0">https://www.youtube.com/embed/gYeXUJdUsxg?rel=0</a></p> <p><b>Modifications:</b> Raise hands on block.</p> <p><b>Precautions :</b> Low back injury.</p>



Image	Pose	Description
	<p>Standing Fold Arm Lock</p>	<p>Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from waste. Interlock fingers. Bring arms behind back. Back of neck soft. Hold. Release.</p> <p><b>Alternatives:</b> Tabletop. Gorilla.</p> <p><b>Benefits:</b> Stretch back, hams, shoulders &amp; wrists. Improves posture.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0">https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0</a></p> <p><b>Modifications:</b> Bent knees. Loop fingers around big toes.</p> <p><b>Precautions :</b> Back, knee, hamstrings injury.</p>
	<p>Wide Leg Forward Bend</p>	<p>Start in Mountain. Widen legs. Hands on hips. Fold forward from hips into Forward Bend. Release torso down on exhale. Hands to floor. Walk feet wider apart. Release head. Lengthen legs on inhale. Release torso on exhale. To release bring hands to hips and lift up.</p> <p><b>Benefits:</b> Strengthens and stretches legs, spine. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/gYeXUJdUsxg?rel=0">https://www.youtube.com/embed/gYeXUJdUsxg?rel=0</a></p> <p><b>Modifications:</b> Raise hands on block.</p> <p><b>Precautions :</b> Low back injury.</p>




Image	Pose	Description
	Squat	<p>Stand upright with back straight. Feet shoulder width apart. Feet at 45 degrees. Bend knees. Squat as if you are about to sit on an invisible chair.</p> <p><b>Alternatives:</b> Horse pose.</p> <p><b>Benefits:</b> Hip opener. Strengthens thighs, buttocks, hamstrings.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/IXpJEqssze8">https://www.youtube.com/embed/IXpJEqssze8</a></p> <p><b>Modifications:</b> A) Sit on the front edge of a chair. B) Folded blanket under heels. C) Lift all ten toes up. D) Bring arms to tops of legs and reach outward. E) Sit back against a wall like you are in a chair. F) Add a twist. G) Sit on a block. H) Roll a blanket and place it in the crease of both knees.</p> <p><b>Precautions :</b> Knee injury.</p>
	Crow	<p>Squat. Place hands on floor. Spread fingers. Place knees on triceps. Bend elbows slightly. Lift onto toes. Position knees onto triceps. Squeeze inner thighs against sides of torso. Engage abs. Gaze forward. Lift left foot. Lift right foot. Shift weight forward by leaning knees into triceps and lifting onto balls of feet. Touch big toes together. Straighten arms. Draw abs in and up.</p> <p><b>Benefits:</b> Strengthens arms, shoulders, chest, abs, upper back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/eXLWMHANqlw?rel=0">https://www.youtube.com/embed/eXLWMHANqlw?rel=0</a></p> <p><b>Modifications:</b> A) Squat on a block. B) Curl fingers. C) Fingertips face each other. D) One foot raised. E) Crow with a twist.</p> <p><b>Precautions :</b> Folded blanket as a crash mat.</p>
	End Of Sequence	


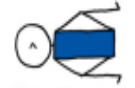

Image	Pose	Description
	<p>Knee To Chest</p>	<p>Lie on back with knees bent. Arms at sides. Palms down. Bend right knee to chest. Wrap hands around knee. Pull knee into abdomen. Release. Repeat on other side.</p> <p><b>Benefits:</b> Flexes calves and hamstrings.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ORy3oFGFCLw">https://www.youtube.com/embed/ORy3oFGFCLw</a></p> <p><b>Modifications:</b> A) Circling the knee. B) Forehead to the knee.</p> <p><b>Precautions :</b> Back injury.</p>
	<p>Supine Butterfly I</p>	<p>Lie on back with legs together. Arms at sides. Bring soles of feet together. Interlock hands around feet and bring them close as possible to chest.</p> <p><b>Benefits:</b> Flexes calves &amp; hams which get tight from sitting.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/_rrhm6pncwg?rel=0">https://www.youtube.com/embed/_rrhm6pncwg?rel=0</a></p> <p><b>Modifications:</b> Circling. Rocking. 1 knee to chest.</p> <p><b>Precautions :</b> Back injury.</p>
	<p>Supine Legs Raised</p>	<p>Lie on back. Bend knees. Engage core. Raise both legs until soles are looking at the ceiling. Rest arms behind head with palms facing up. Close eyes. To release, bend knees to chest and bring feet to mat.</p> <p><b>Alternatives:</b> Legs up wall. Shoulderstand.</p> <p><b>Benefits:</b> Soothes nerves. Good for balance.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/bGJq4y0ue1s">https://www.youtube.com/embed/bGJq4y0ue1s</a></p> <p><b>Modifications:</b> Engage core and bring hands to feet.</p> <p><b>Precautions :</b> High blood pressure. Neck injury.</p>






Image	Pose	Description
	Happy Baby	<p>Lie on back. Bend knees into belly. Grip outsides of feet. Push feet up into hands as you pull hands down to create resistance.</p> <p><b>Benefits:</b> Stretches inner groin, spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/eluQ2b9tKNw?rel=0">https://www.youtube.com/embed/eluQ2b9tKNw?rel=0</a></p> <p><b>Modifications:</b> 1. Strap: Wrap strap around arches of feet. 2. Block: Place a yoga block or a blanket under your hips to provide support. 3. Bent Knees: Keep knees bent and hold onto your shins. 4. Wall: Lie on your back, place feet on a wall, grab outside edges of feet and draw knees towards armpits. 5. Half Happy Baby: Hold onto one foot and draw that knee towards armpit.</p> <p><b>Precautions :</b> Pregnant. Knee injury.</p>
	Lying Twist	<p>Lie on back. Raise right leg up and roll it over to left side (foot touches floor). Spread legs wide. Put left hand on right thigh for leverage. Switch sides.</p> <p><b>Benefits:</b> Releases lower back. Opens tight shoulders. Improves digestion. Quiet Mind. Eases sciatic pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/TI9scRUR95g">https://www.youtube.com/embed/TI9scRUR95g</a></p> <p><b>Modifications:</b> Lift head up.</p>
	Bananasana	<p>Lie on back with legs together and straight. Reach arms overhead. Clasp hands or elbows. With buttocks firmly glued to the earth, move feet and upper body to the right. Arch like a ripe banana. Don't twist or roll hips off the floor. When your body opens more, move both feet further to the right and pull upper body further to the right. Swap sides.</p> <p><b>Benefits:</b> Stretch whole side of body.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Mywqh-A-04A">https://www.youtube.com/embed/Mywqh-A-04A</a></p> <p><b>Modifications:</b> A) Savasana. B) Supine With Arms Raised. C) Supine With Knees Bent. D) Supine With Arms Behind Head.</p> <p><b>Precautions :</b> Back pain.</p>

Image	Pose	Description
	<p>End Of Sequence</p>	
	<p>Savasana</p>	<p>Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.</p> <p><b>Alternatives:</b> Crocodile. Child.</p> <p><b>Benefits:</b> Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/YBe1nzunHJ0">https://www.youtube.com/embed/YBe1nzunHJ0</a></p> <p><b>Modifications:</b> Knees bent. Blanket under knees. Blanket under head. Supine star (legs &amp; arms spread out).</p>

## Lesson Plan Description:

### Why such devotion to such a small area of the body?

Because a strong *rectus abdominis*-(core) has a myriad of glorious benefits such as:

- Improved balance and stability
- Prevention of back problems
- Strengthened diaphragm which plays an essential role in deep breathing
- Improved digestion
- Improved heart health (excess fat around the belly is dangerous)
- Better posture (a strong core keeps your back stable which improves posture)

### Weakness in the core can result in:

- Lower back pain (a whopping 1 in 4 people experience regular lower back pain).
- Over rotations in the vertebrae of the lower back (which can lead to degenerative disk disease and arthritis).-
- Digestive fires being weak (this can cause chronic exhaustion because you're not absorbing nutrients properly).

If you don't know how to get centred in your core, you can easily turn into a doormat for anyone with a strong personality. With a weak core you can become easy pickings for anyone who wants to push you off balance, whether it's a controlling family member or an advert on the TV trying to get to you buy something that harms your body.-

The good news is that every asana is potentially a core-strengthening exercise, if you engage your core (pull abs toward spine). And even more good news is that core abdominal strength improves nearly every pose, offering a sense of balance and ease.

You can create lesson plans like this using the [Genie Lesson Planner](#)