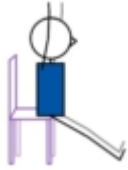

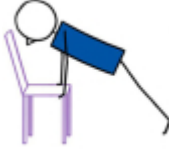




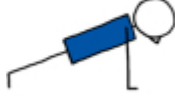

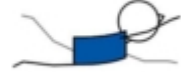




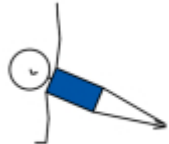









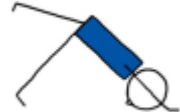

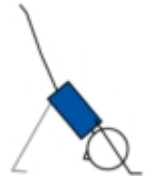






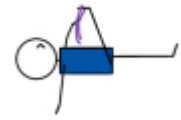




## Core Yoga Challenge 2: 12 Weeks To Sculpt A 6 Pack

|  |  |  |  |   |   |
|--|--|--|--|---|---|
|  <p><b>Chair Down Dog Arms Up</b></p> |  <p><b>Chair Down Dog</b></p> |  <p><b>Chair Plank</b></p>       |  <p><b>Chair Plank Knee Lift</b></p>    |  <p><b>End Of Sequence</b></p> |  <p><b>Uddiyana Bandha</b></p>   |
|  <p><b>Plank On Knees</b></p>         |  <p><b>Plank</b></p>          |  <p><b>Plank On Forearms</b></p> |  <p><b>Prone Leg Arm Raises</b></p>     |  <p><b>Locust</b></p>          |  <p><b>Half Bow</b></p>          |
|  <p><b>Bow</b></p>                  |  <p><b>Bow Strap</b></p>    |  <p><b>Side Plank</b></p>      |  <p><b>Side Plank Knee Crunch</b></p> |  <p><b>Upward Plank</b></p>  |  <p><b>End Of Sequence</b></p> |

|  |  |  |   |  |  |
|--|--|--|---|--|--|
|  <p><b>Downward Facing Dog<br/>Knees Bent</b></p> |  <p><b>Cat Cow</b></p>          |  <p><b>Downward Facing Dog</b></p>           |  <p><b>Cat Cow</b></p>             |  <p><b>Downward Facing Dog<br/>Knee To Nose</b></p> |  <p><b>Cat Cow</b></p>                |
|  <p><b>Downward Facing Dog<br/>Leg Up</b></p>     |  <p><b>Cat Cow</b></p>          |  <p><b>Downward Facing Dog<br/>Split</b></p> |  <p><b>Cat Cow</b></p>             |  <p><b>Downward Facing Dog<br/>Revolved</b></p>     |  <p><b>Revolved Side Angle II</b></p> |
|  <p><b>Dolphin Strap</b></p>                     |  <p><b>End Of Sequence</b></p> |  <p><b>Piriformis Stretch Strap</b></p>     |  <p><b>Supine Twist Strap</b></p> |  <p><b>Supine Leg Side I Strap</b></p>            |  <p><b>End Of Sequence</b></p>       |



**Half Lord Of The Fishes  
IV**



**Lifting Lotus**



**Both Big Toe**



**Bound Lotus**



**Knee To Ear**



**Double Closed Lotus**



**Upward Facing Lotus**



**End Of Sequence**



**Root Lock Mula Bandha**



**Chin Mudra**

## 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 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](#)