

POWERFUL YOGA CORE SEQUENCE FOR *Strong & Defined Abs*

THE REMOTE *yogi*



Half Lotus



Hands Up



Seated Twist



Camel Pose



Downward Dog



Plank Pose



Side Plank



High Lunge



Side Angle Pose



Triangle Pose



Reversed Triangle



Cobra Pose



Head Stand



Child's Pose



Boat Pose



Boat w/ Wide Legs



Supported Bridge



Knee to chest



Legs Up/Savasana

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Join 5 000 Students and a testing cadence to ensure consistency Chapter 10 Chapter 21 Example A yoga coach builds a funnel offering a free Stress Relief Planner retargeting leads with a 29 mini course and selling a 97 course with a 500 month budget split 50% top funnel 30% middle 20% bottom Strategy Driving Engagement and Conversions Master precision targeting with Lookalike Audiences interest targeting and retargeting to reach high intent buyers Chapter 5 Chapter 30 Craft compelling creatives using 10 20 second Reels social proof and urgency to boost CTR 1 5% Chapter 29 Optimize funnels with lead magnets email nurturing 5 7 email sequences and upsells to maximize AOV Chapter 27 Use bidding strategies like Lowest Cost and Cost Cap to control costs and scale efficiently Chapter 25 Example An eBook author targets Writing interests with a Carousel ad generating 150 leads at 1 50 CPL and converting 8% to a 49 eBook via email achieving a 4x ROAS Scaling Automating and Growing for Long Term Success Automate optimization with rules e g Pause if CTR 1 5% and CPL

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Communication, Networks and Computing Ranjeet Singh Tomar, Shekhar Verma, Brijesh Kumar Chaurasia, Vrijendra Singh, Jemal H. Abawajy, Shyam Akashe, Pao-Ann Hsiung, Ramjee Prasad, 2023-09-26 These two volumes constitute the selected and revised papers presented at the Second International Conference on Communication Networks and Computing CNC 2022 held in Gwalior India in December 2022 The 53 full papers were thoroughly reviewed and selected from the 152 submissions They focus on the exciting new areas of wired and wireless communication systems high dimensional data representation and processing networks and information security computing techniques for efficient networks design vehicular technology and applications and electronic circuits for communication systems that promise to make the world a better place to live in

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