

# POWERFUL YOGA CORE SEQUENCE FOR *Strong & Defined Abs*

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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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# Yoga For Beginners Compare

**Patañjali**



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The Yoga Sutras of Patanjali Edwin F. Bryant, 2009-07-21 A landmark new translation and edition Written almost two millennia ago Patanjali's work focuses on how to attain the direct experience and realization of the purusa the innermost individual self or soul As the classical treatise on the Hindu understanding of mind and consciousness and on the technique of meditation it has exerted immense influence over the religious practices of Hinduism in India and more recently in the West Edwin F Bryant's translation is clear direct and exact Each sutra is presented as Sanskrit text transliteration and precise English translation and is followed by Bryant's authoritative commentary which is grounded in the classical understanding of yoga and conveys the meaning and depth of the sutras in a user friendly manner for a Western readership without compromising scholarly rigor or traditional authenticity In addition Bryant presents insights drawn from the primary traditional commentaries on the sutras written over the last millennium and a half

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