

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



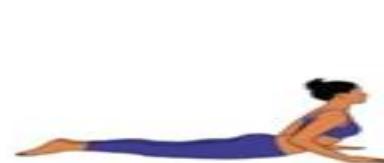
Side Angle Pose



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

Ramkrishna G. Bhandarkar

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