

FIRE UP your **CORE** Yoga Sequence

@miss_sunitha
#sunithalovesyoga

1 CHAIR POSE



Sit back

Extend arms

2 KNEE-TO-CHEST

Chest open



Back upright



Lift from thighs

Square hips

3 WARRIOR 3

4 FLAMINGO

Round back



Hug knee to chest

5 EXTEND LEG

Lift from thighs



Actively square hips

6 PISTOL SQUAT

Flex foot



Reach through fingertips

7 NAVASANA/BOAT POSE

Lift chest



Tuck tailbone

8 NAVASANA CRUNCH

Forehead to knee



Round back

Point toes



Lower back flat

Yoga Practice Best Ideas

Patrick Vollmar

Yoga Practice Best Ideas:

Unveiling the Magic of Words: A Overview of "**Yoga Practice Best Ideas**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Yoga Practice Best Ideas**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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