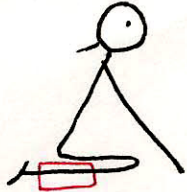
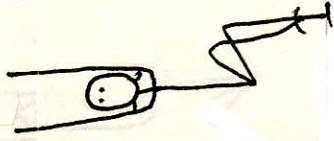
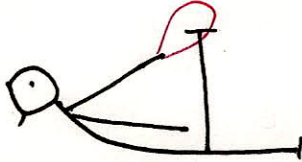
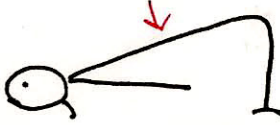
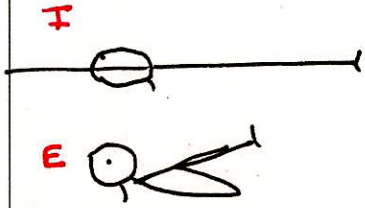
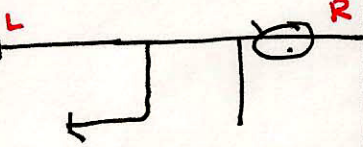
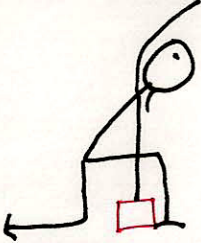
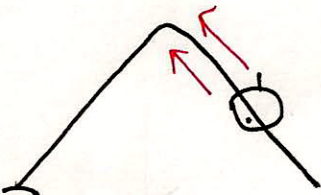
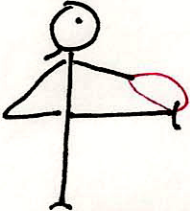
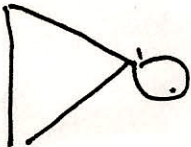
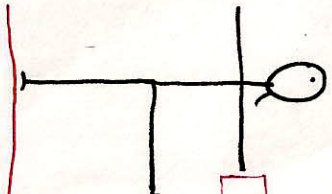
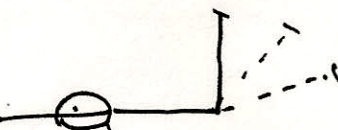
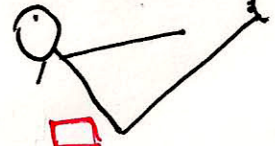


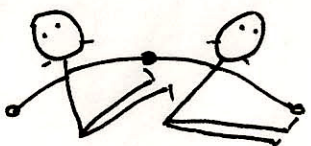

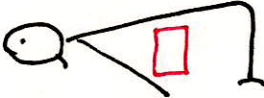
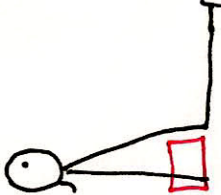



# Core Strength

Building core strength through targeting the abdominals

 <p>Kaphala Bhati</p>	 <p>Tadagi Mudra Cross-leg Twist</p>	 <p>Supta Padangusthasana Crunch</p>	 <p>Setu Bandha (hold Transversus)</p>	 <p>Savasana / Apanasana Stretch</p>
 <p>Superman Core Stabilization</p>	 <p>Kneeling Oblique Stretch</p>	 <p>Down Dog</p>	 <p>Utthita Hasta Padangusthasana</p>	 <p>Padangusthasana</p>
 <p>Ardha Chandrasana</p>	 <p>Urdhva Prasarita Padasana</p>	 <p>Paripurna Navasana</p>	 <p>Ardha Navasana</p>	 <p>Urdhva Mukha Pascimottanasana</p>
 <p><b>GROUP CIRCLE:</b> Jathara Parivartanasana</p>	 <p>Apanasana</p>	 <p>Salamba Setu Bandha</p>	 <p>Sarvangasana on block</p>	 <p>Savasana</p>