

# 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

THE REMOTE *yogi*

ALL YOGA PDFS DOWNLOADABLE  
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# Yoga For Beginners Compare

**Wenbin Ji**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

## **Yoga For Beginners Compare:**

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Yoga For Beginners Compare** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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