

POWER CORE

YOGA WORKOUT

by **SPYROS KAPNIAS GARUDANANDA**
for DAREBEE © darebee.com

LEVEL I 20 seconds each

LEVEL II 30 seconds each

LEVEL III 60 seconds each



1. Low Boat Pose
Low Navasana



2. Boat Pose
with interlaced fingers
Naukasana
with interlaced fingers



3. Low Boat Pose
Scissors Variation
Low Navasana
Scissors Variation



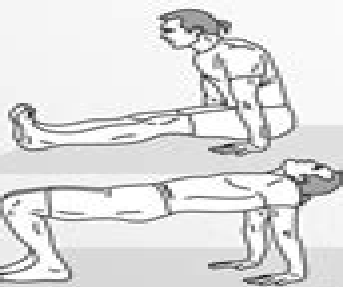
4. Naukasana
with arms forward Variation
Boat Pose with arms forward



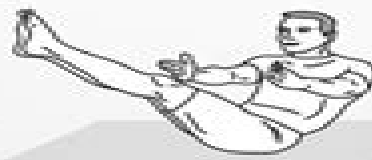
5. Full Boat Pose
Paripurna Navasana



6. Boat Scissors Variation
Navasana Scissors Variation



7. L-sit into full bridge
Brahmacharyasana
to Setu Badhasana Variation



8. Boat Pose with side twists
Navasana Side twists



9. Side Plank Bridges
Vasisthasana side bending

Quick Exercises For Core Power

Christian G. Meyer



Quick Exercises For Core Power:

Embracing the Song of Expression: An Emotional Symphony within **Quick Exercises For Core Power**

In a world taken by monitors and the ceaseless chatter of fast interaction, the melodic splendor and mental symphony produced by the published term often diminish in to the backdrop, eclipsed by the persistent noise and disruptions that permeate our lives. Nevertheless, set within the pages of **Quick Exercises For Core Power** a stunning literary prize overflowing with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this charming masterpiece conducts readers on a psychological trip, skillfully unraveling the concealed melodies and profound impact resonating within each carefully constructed phrase. Within the depths of the emotional assessment, we shall explore the book is central harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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