

POWER CORE

YOGA WORKOUT

by **SPYROS KAPNIAS GARUDANANDA**
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LEVEL I 20 seconds each

LEVEL II 30 seconds each

LEVEL III 60 seconds each



1. Low Boat Pose
Low Navasana



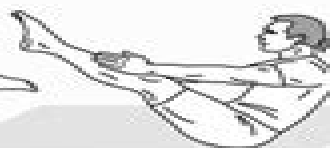
2. Boat Pose
with interlaced fingers
Naukasana
with interlaced fingers



3. Low Boat Pose
Scissors Variation
Low Navasana
Scissors Variation



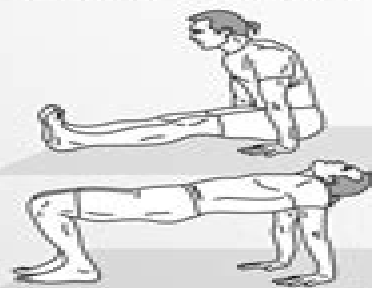
4. Naukasana
with arms forward Variation
Boat Pose with arms forward



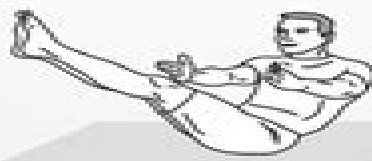
5. Full Boat Pose
Paripurna Navasana



6. Boat Scissors Variation
Navasana Scissors Variation



7. L-sit into full bridge
Brachmacharyasana
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

KJ Lindholm-Leary



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