

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



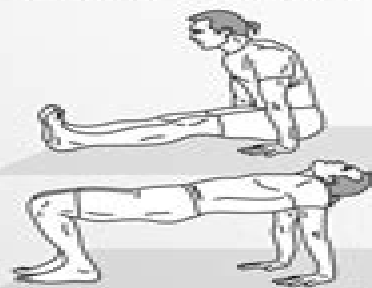
4. Naukasana
with arms forward Variation
Boat Pose with arms forward



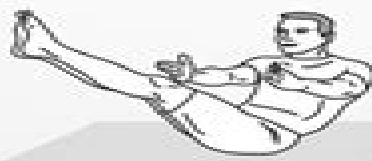
5. Full Boat Pose
Paripurna Navasana



6. Boat Scissors Variation
Navasana Scissors Variation



7. L-sit into full bridge
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

Jiyuan Zhang



Quick Exercises For Core Power:

Reviewing **Quick Exercises For Core Power**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Quick Exercises For Core Power**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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