ONE PAGE SUMMARY

Lifestyle & Hobbies › Yoga › Yoga for Core

Beginner lessons for Yoga for Core

Strengthen Your Core with Beginner Yoga Techniques!

DEFINITION

> Yoga for core focuses on building strength and stability in your abdominal muscles. It helps improve balance and posture while enhancing overall body awareness.

KEY CONCEPTS

Plank Pose

A foundational pose that engages the entire core, promoting strength and stability.

Boat Pose

A balancing pose that targets the abdominal muscles, improving core strength and control.

Bridge Pose

Strengthens the lower back and glutes while engaging the core for stability.

Warrior III

A balancing pose that challenges core stability while building strength in the legs.

Cat-Cow Stretch

A dynamic movement that warms up the spine and engages the core, promoting flexibility.

EXAMPLES

→ Practice Plank for 30 seconds daily.

→ Hold Boat Pose while breathing deeply.

→ Incorporate Bridge Pose into your cool-down routine.

MEMORY TIPS

★ Remember 'P-B-B-W-C' for Plank, Boat, Bridge, Warrior, Cat-Cow.

★ Visualize a strong tree to connect core strength with balance.

★ Think of your core as a sturdy bridge supporting your body.

COMMON MISTAKES

✗ Not engaging the core fully during poses.

✗ Holding breath instead of breathing steadily.

✗ Rounding the back instead of maintaining alignment.

QUICK RECAP

Yoga for core is essential for building strength and stability in your body. Focus on key poses like Plank and Boat to enhance your core engagement and overall balance.