

Strengthen your core

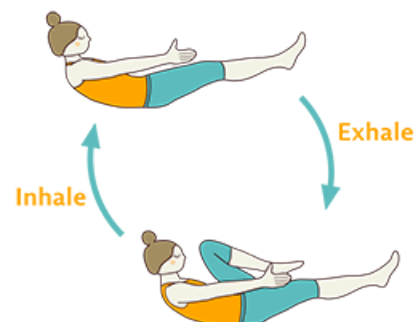
Alan Bondy



1. **Constructive Rest Pose** •
Savasana Variation Bent Legs



2. **Bridge Pose Variation Heels** •
Setubandha Sarvangasana
Variation Heels



3. **Half Boat Pose Alternating
Legs Flow** • Ardha Navasana
Alternating Pada Vinyasa



4. **Boat Pose Variation 1** •
Navasana Variation 1



5. **Bridge Pose** • Setubandha
Sarvangasana



6. **Boat Pose Variation 1** •
Navasana Variation 1



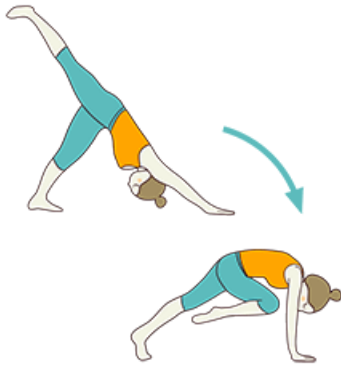
7. **Revolved Easy Pose** • Parivrtta
Sukhasana



8. **Half Pigeon Pose** • Ardha
Kapotasana



9. **Three Legged Downward Facing Dog Pose** • Tri Pada Adho
Mukha Svanasana



10. **Three Legged Downward Facing Dog Pose Tiger Curl Pose Flow** • Tri Pada Adho Mukha
Svanasana Phalakasana Knee To
Nose Vinyasa

Option

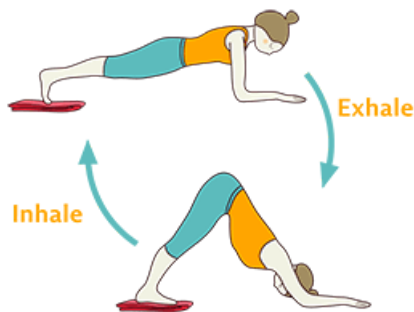
11. **Option Section**



12. **Table Top Pose Knee To Nose** • Bharmanasana Knee To
Nose



13. **Dolphin Pose** • Catur
Svanasana



14. **Dolphin Pose Flow** • Catur
Svanasana Vinyasa



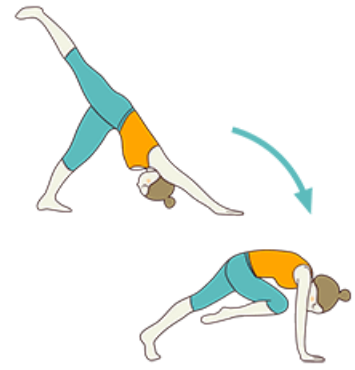
15. **Downward Facing Dog Pose**
• Adho Mukha Svanasana



16. **Bound Angle Pose** • Baddha
Konasana



17. **Half Pigeon Pose** • Ardha
Kapotasana



18. **Three Legged Downward Facing Dog Pose Tiger Curl Pose Flow** • Tri Pada Adho Mukha Svanasana Phalakasana Knee To Nose Vinyasa

Option

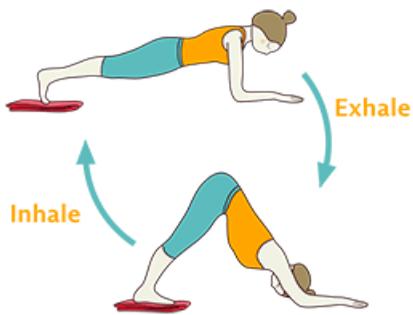
19. **Option Section**



20. **Table Top Pose Knee To Nose** • Bharmanasana Knee To Nose



21. **Dolphin Pose** • Catur Svanasana



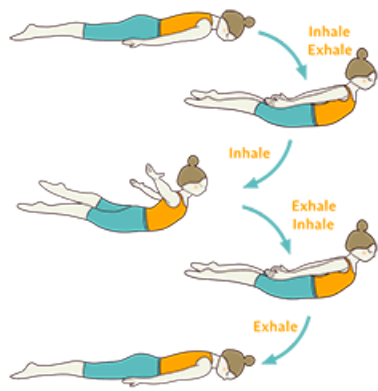
22. **Dolphin Pose Flow** • Catur Svanasana Vinyasa



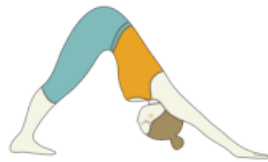
23. **Sphinx Pose** • Salamba Bhujangasana



24. **Wide Legged Locust Pose Crocodile Pose Arms** • Prasarita Pada Salabhasana Hasta Makarasana



25. Locust Pose Wide Legged Chariot Pose Arms Out Flow •
Salabhasana Prasarita Pada
Vimanasana Arms Out Vinyasa

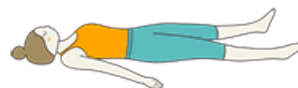


26. Downward Facing Dog Pose
• Adho Mukha Svanasana



27. Half Lord of the Fishes Pose
• Ardha Matsyendrasana

28.
Half bow pose laying on side



29. Corpse Pose • Savasana