

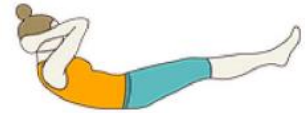
Advanced Yoga Sequence For The Abs: Core Strength Yoga Sequence



1. Pentacle Pose



2. Half Plough Pose



3. Half Boat Pose



4. Both Big Toe Pose



5. Boat Pose



6. Seated Forward Bend Pose



7. Downward Facing Dog Pose



8. Four Limbed Staff Pose Variation High



9. Four Limbed Staff Pose



10. Snake Pose



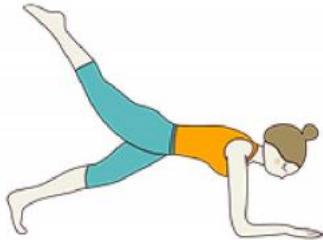
11. Downward Facing Dog Pose



12. Dolphin Pose

Advanced Yoga Sequence For The Abs:

Core Strength Yoga Sequence



13. Dolphin Plank Variation One Leg Raised



14. Dolphin Plank Variation One Leg Raised



15. Downward Facing Dog Pose



16. Three Legged Downward Facing Dog Pose



17. Three Legged Downward Facing Dog Pose



18. Side Plank Pose



19. Side Plank Pose II



20. Side Plank Pose II



21. Downward Facing Hero Pose