

# 10-MINUTE CORE YOGA WORKOUT FOR BEGINNERS



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# Before We Start...

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# 10-Minute Core Yoga Workout

Complete two rounds of the following circuit.

Complete each pose for 30 seconds.

Move onto the next pose in the circuit as soon as you are ready.

Focus your breath on your abs and core throughout the poses.

## The Yoga Routine

1. Boat Pose
2. Bird Dog Crunch - Left Arm
3. Bird Dog Crunch - Right Arm
4. Balancing Table Pose - Left Arm
5. Balancing table pose - Right Arm
6. Plank Pose
7. Side Plank Pose - Left Side
8. Side Plank Pose - Right Side
9. Supported Shoulder Stand Pose



# The Poses

Here are all six poses that you will complete in this 10-minute core yoga workout.

## Boat Pose



To do boat pose take a seat on your yoga mat. Place your hands just behind your hips and straighten your legs.

Lean back very slightly so that you feel tension in your abs. Keeping your chest up high, try to lift your legs off the floor.

You can start with bent legs and then try to straighten them. Once you are strong in position take your hands off the floor and bring your arms out straight beside your knees.

It doesn't matter if you can't do full boat pose, to begin with bend your legs slightly or keep your hands rested on the floor for support. Over time try to straighten your legs and lift your hands off the floor. Its all a journey.

# Balancing Table Pose and Bid Dog Crunches



To do balancing table pose come to all fours on your mat, hands should be directly under your shoulders with your arms straight and your knees under your hips.

Once in position take your left arm out in front of you and your right leg back. You want to have a straight line from your left hand through your body all the way down to your outstretched right leg.

You are now in balancing table pose.

To start bird dog pose you begin in balancing table pose. As you exhale, bring your left arm and elbow in towards your belly button, as you do so at the same time bring your right knee in towards your left elbow and meet in the middle. As they meet slightly flex your torso and squeeze your abs.

As you inhale take your left arm back out above your head and your right leg back away from your body into balancing tabletop.

# Plank Pose



To do plank pose return to table top, that's on all fours, hands under shoulders and knees under hips.

Take you left leg and then your right leg back and push onto your toes. You should now be in plank pose.

Maintain a strong position with your hands under your shoulders with straight arms.

Keep your gaze down between your fingertips.

# Side Plank Pose



To do side plank pose, start in plank pose and then shift your weight onto the outside edge of your right foot, placing our left foot on top of your right.

Next take your left arm off the floor and lift it up onto your hip or into the air for better balance.

You are now inside plank pose.

# Side Plank Pose



To do supported shoulder pose start by laying on your mat on your back. Next bring your knees into your chest and keep both your arms down by your side.

Pushing our hands and arms into the floor, straighten your legs and lift your hips up off the floor taking your feet over your head.

Keeping your upper arm on the floor for support take your hands and place them on your back to hold your torso vertical. Currently you should be laying down with your feet over your head, hips in the air and arms supporting your back holding you in position.

One leg at a time, lift your legs up towards the sky and hold yourself here. You are now in supported shoulder stand position.



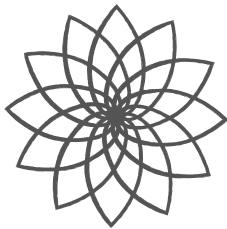
# Thank You

Thank you again for downloading our free 10-minute yoga workout, we hope you enjoyed it. Try to do it three days a week to start seeing some positive results.

Come back again for more beginner yoga workouts.

The team,

*Start Right Yoga*



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