



## YogaCore® B4G

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### Building Core Strength with YogaFit®

A strong and flexible core helps us maintain alignment and gives us strength from the inside out. **A strong core improves the quality of life by enabling our daily activities to be performed with more ease and less fatigue.** Our core muscles relate directly to our overall back health. The stronger our internal muscular support system is the more support we are able to lend to our spinal structure as we move. So much of today's population suffers from back pain and/or injuries caused by muscular imbalances when quite a bit of it (not all) can be preventable with the poses and exercises we use in Yoga and YogaCore® when followed by safe alignment principles.

#### **How do we engage the muscles of our core and create core stability?**

When standing (Mountain Pose) we begin with our feet. In establishing a strong base across all four corners of our feet we gently lift our arches activating the lower muscles of our legs. These muscles connect to our adductor or inner thigh muscles and continue up our body through our pelvic floor muscles to our transverse abdominus (deep abdominal core muscle). By placing a block or a small rubber ball such as the YogaCore® Ball a few inches above our knees we create a deeper awareness of how these muscles connect and work together. We can keep the ball there as we move through various poses such as chair, bridge or ab work to deepen our proprioception or feeling of core integration.

When we practice Yoga we have the opportunity to focus on core strength and stability throughout class. As movements require us to use our own body weight as resistance we learn how to stabilize our spines and engage the deep layers of our abdominals to support our bodies. YogaCore® is a freestyle based program focusing specifically on this engagement with core based poses including: standing poses, back bends and floor work. **YogaCore® is a**

**great introduction for people who are apprehensive of “yoga” to give it a try, also a great way for our yoga students to enjoy the style of exercise they enjoy most with more intensity and variety.** This is an opportunity to bring Yoga to more people so they can acquire the benefits of core training in a safe, non-judgmental and non-competitive environment.

Other benefits of a strong and flexible core include opening the pathways for our nervous system and improved circulation. We reduce the chance for injury by improving balance and coordination. Improved back strength, abdominal strength, spinal flexibility, muscle balance within the body, muscle endurance in the back and abdominals and an improvement to our overall posture.

## **YogaFit® Core Sample Class**

### **Mountain 1 – Warm-Up**

1. Mountain Pose
2. Moonflower Flow
3. Sunflower Flow
4. Chair Flow
5. Cat/Cow Flow
6. Spinal Balance Flow
7. Childs Pose to Plank
8. Down Dog pedal heels
9. Down Dog to Plank
10. Sun Salutations

### **Mountain 2 – Work Phase**

11. Lateral Flexion
12. Downward Dog
13. Side Plank
14. Rest or Flow
15. Warrior 1 – Warrior 2
16. Triangle Pose R & L
17. Rest or Flow
18. Crescent Lunge
19. Twisted Lunge
20. Rest or Flow

21. Standing Camel
22. Standing Balanced Twist

### **Mountain 3 – Floor Work & Stretching**

23. Childs Pose
24. Locust
25. Bow
26. Childs Pose
27. Boat, alt. Legs & legs up
28. Incline Plank
29. Boat row & Boat legs up
30. Table top
31. Knees to chest
32. Abdominal Work
33. Bridge Flow
34. Knees to chest
35. Spinal Twists
36. Dead Bug
37. Relaxation
38. Easy pose - Namaste

### **Notes:**

**YogaFit® Worldwide Training Systems has partnered with Australia Fitness Network, bringing our user friendly and safe yoga teacher trainings to Australia. Please visit: [fitnessnetwork.com.au](http://fitnessnetwork.com.au) to find a local training near you!**