

# POWERFUL YOGA CORE SEQUENCE FOR *Strong & Defined Abs*

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Half Lotus



Hands Up



Seated Twist



Camel Pose



Downward Dog



Plank Pose



Side Plank



High Lunge



Side Angle Pose



Triangle Pose



Reversed Triangle



Cobra Pose



Head Stand



Child's Pose



Boat Pose



Boat w/ Wide Legs



Supported Bridge



Knee to chest



Legs Up/Savasana

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# Yoga For Beginners Deal

**Daren Callahan**



## **Yoga For Beginners Deal:**

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web details and specific considerations id chief complaint always identify the patient by name age and gender for the chief complaint use the informant s own words if possible identify any crucial identifiers of the patient that are pertinent to the diagnosis example this is a 6 year old boy with ss disease who presented with fever of one

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