yogalike

Yoga for core strength

About 6 min · holds and time to come into each pose



1. Downward-Facing Dog

Legs straight · hold 30 s

Start here, with the camera to your side.



2. Plank Pose

Full plank · hold 30 s

Shift forward until your shoulders stack over your wrists.



3. Downward-Facing Dog

Legs straight · hold 15 s



4. Plank Pose

Full plank · hold 30 s



5. Cobra Pose

Full cobra · hold 15 s

Lower down slowly, then lift the chest.



6. Downward-Facing Dog

Legs straight · hold 30 s

Press back and let the breath settle.

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=downward-dog&variant=classic&hold=30&sequence=core-strength&step=1&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.