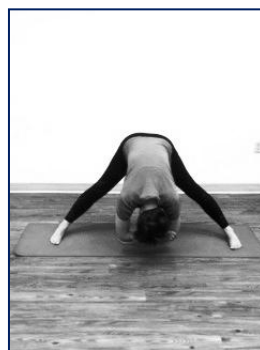
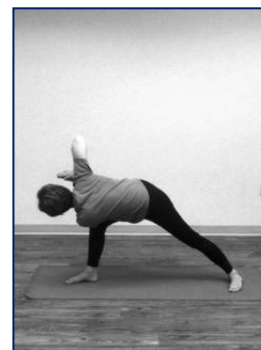


## Good to the Core: Yoga to strengthen & flatten abdominals, tone back, legs and hips, and more.

From Julie Lusk 2011 ☯ WholesomeResources.com

This yoga sequence strengthens the abdominal core and tones the back while lengthening the psoas muscles. The psoas, deep and large, runs from the lumbar spine, stretches over the hip joint and under the abs, and attaches to inner thigh bone. Traditional leg lifts, "crunches" and sit-ups are often done to strengthen and flatten the abdominals. The problem is that they also tighten and shorten the psoas tipping the pelvis forward, pushing your belly out (yuk) and misaligns the back. A tight psoas contributes to back, hip and knee problems, indigestion, dysfunctional breathing, instability, and other problems. This particular sequence activates the psoas muscle in a progressive manner: first facing forward, to the side, and then turning. Other beneficial yoga postures are the forearm plank and side plank (creates core stability and strength with a neutral psoas) and pigeon (stretches and releases the psoas).



Consult a qualified yoga professional for instructions and contraindications. As with all exercise, practice for your own benefits and at your own risk.