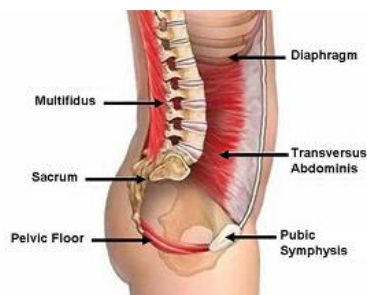




Arbutus Yoga

Deep Core ~ Home Practice

Yoga is an excellent form of exercise to strengthen and stabilize the deep core muscles. This in turn supports a balanced and healthy range of motion in the spine and pelvis. The foundations of the Deep Core practice are to build strength and stability in the Diaphragm, Pelvic Floor, Transverse Abdominis (TA) and Multifidus muscles (see right).




Here is a simple set of warm-up movements and poses that can be done at home to support and strengthen the Deep Core. Move mindfully with your breath, staying within a comfortable range of motion.

Warm Up

Lie down and begin with several minutes of relaxation, followed by several minutes of full belly breathing. Do some gentle neck rolls, arm stretches, hip circles, ankle & wrist rotations.

Poses

<p><i>Bridge Pose (Setu Bandhasana)</i></p> <ul style="list-style-type: none"> • Lie on your back with your arms down at your side, knees bent, and feet on the floor, hip distance apart (Constructive Rest). • Inhale – root your feet and slowly lift your hips. • Exhale – slowly lower your hips and spine, one vertebrae at a time. • Repeat 3-5 times. • Option: block or slo mo ball between thighs to activate pelvic floor. 	
<p><i>Cobra Pose (Bujanghasana)</i></p> <ul style="list-style-type: none"> • Lie on tummy; plant your hands palms-down under your shoulders. • Inhale – peel your upper body up and forward. • Exhale – slowly lower down, keeping your elbows tucked. • Repeat 3-5 times. 	
<p><i>Supine Twist with Block</i></p> <ul style="list-style-type: none"> • From Constructive Rest, raise your lower legs and gently engage your core muscles by drawing navel toward spine. • Inhale at center; exhale slowly move knees a few inches right. Inhale, then re-center legs on the exhale. Repeat on the left side. • Repeat 3-5 times. • Option: block between thighs to engage pelvic floor. 	
<p><i>Modified Sunbird</i></p> <ul style="list-style-type: none"> • Start in Tabletop on knees with hands under shoulders. • Engage core by drawing navel toward spine. • On exhale reach right arm forward and left leg back, hold for 3-4 breaths. Lower, then switch sides. Repeat 2-3 x. • Option: keep hand tented on floor and foot down with toes tucked. 	