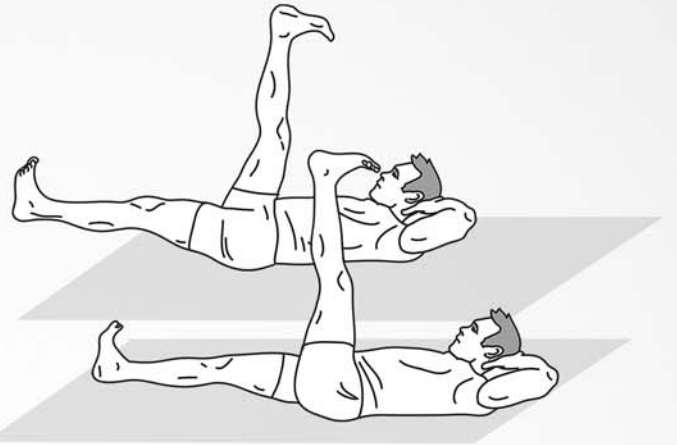




yoga for abs
by **SPYROS KAPNIAS GARUDANANDA**
for DAREBEE @ darebee.com

LEVEL I 20 seconds each
LEVEL II 30 seconds each
LEVEL III 60 seconds each

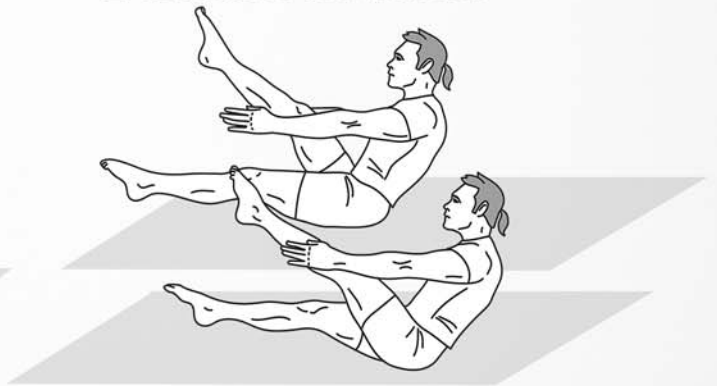
1. Boat Pose Hold



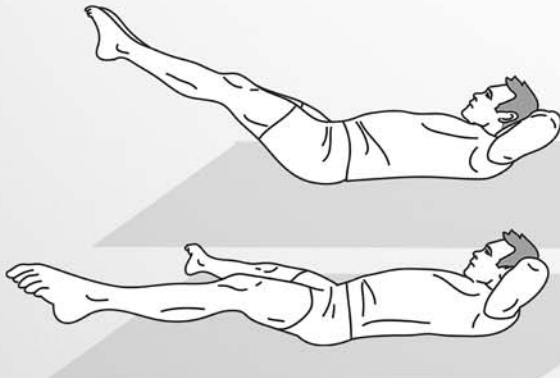
2. Leg Raises (90 degrees)



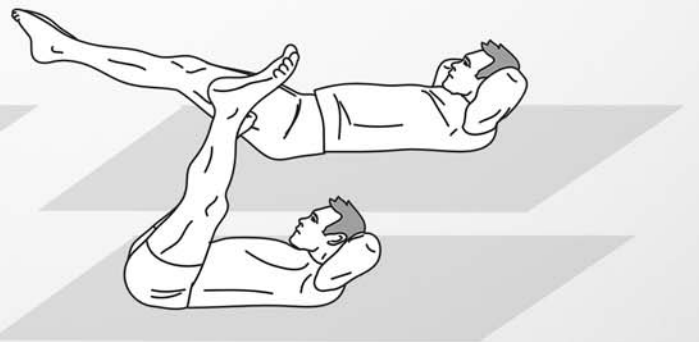
3. Boat Pose Hold



4. Boat Hold Flutter Kicks (slow)



5. Raised Legs Spread



6. Leg Raises (90 degrees) + Wide Spread