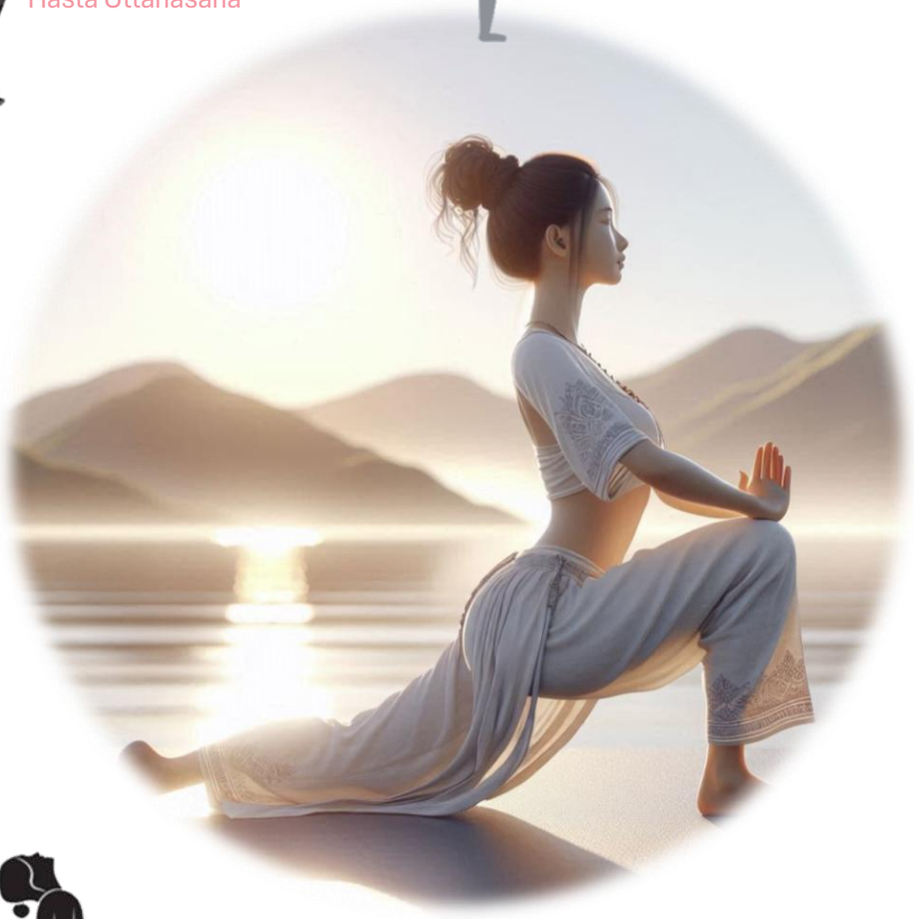
Center of Equilibrium

Proprioceptive Resistance Training helps to improve coordination, balance and resistance.
Your CORE is your center of balance.



1 Namaskarasana



2 Hasta Uttanasana



3 Hastapadasana



4 Ashwa Sanchalanasana



5 Phalakasana



6 Ashtanga Namaskara

7 Bhujangasana



8 Adhomukhashwasana



9 Ashwa Sanchalanasana



10 Hastapadasana



11 Hasta Uttanasana



12 Tadasana