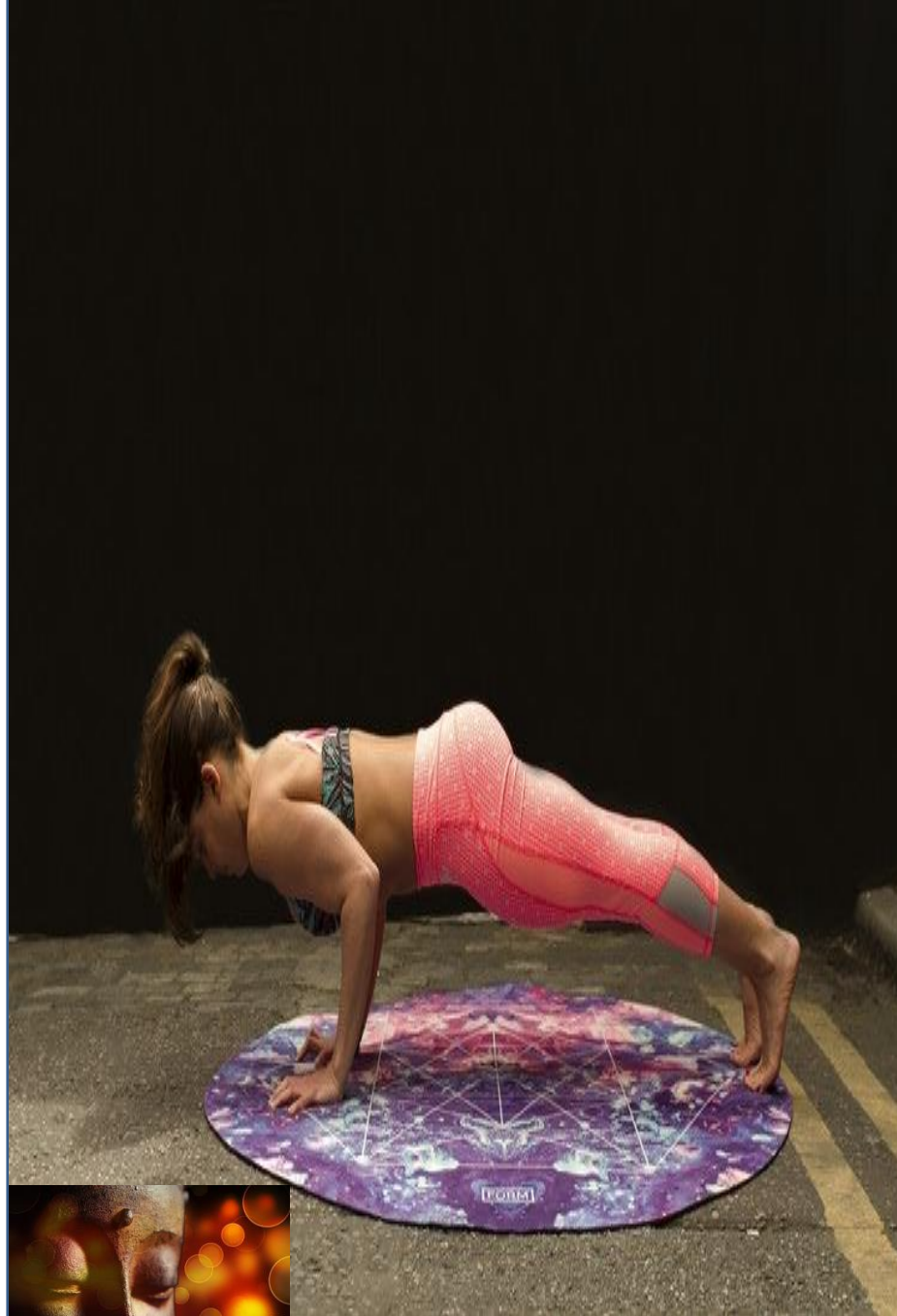
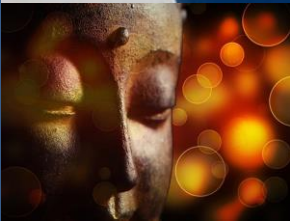


7. Plank Pose

How To Do

- Take transition from the cat/cow pose to get into the plank pose.
- Inhale and detach your knees from the ground.
- Keep the arms perpendicular to the floor and the shoulders stacked over the wrists and the whole body parallel to the floor.
- Press your outer arms inward and firm the bases of your fingers into the floor.
- Firm your shoulder blades.
- Spread your collarbones away from the*sternum. Let your gaze be soft and keep breathing normally.
- Stay in the pose from 30 seconds to 1 minute.





8. Diamond Pose

How To Do

- Take your transition from the plank pose to diamond pose.
- Kneel down and stretch your lower legs backwards. Keep your both legs together.
- Let the big toes cross each other.
- Gently lower your body so as your hips are resting on your heels and your thighs on the calf.
- Place your hands on your knees, and look forward with your head absolutely straight.
- Be fully aware of your breathing by carefully inhaling and exhaling.