



Man Flow Yoga 7-Day Intro Pose Guide

Day 1 - Core Strength

Beginner



Staff Pose
Hold for :30 to :60 - 2 Sets



Boat Pose
Hold for :30 to :60 - 2 Sets



Reverse Crunch
Alternate for :60

Intermediate



Staff Pose
Hold for :30 to :60 - 2 Sets



Boat Pose
Hold for :30 to :60 - 2 Sets



Reverse Crunch
In/Out for :60

Advanced



Staff Pose
Hold for :30 to :60 - 2 Sets



Boat Pose
Hold for :30 to :60 - 2 Sets



Reverse Crunch Hold
Hold for :60 to :90