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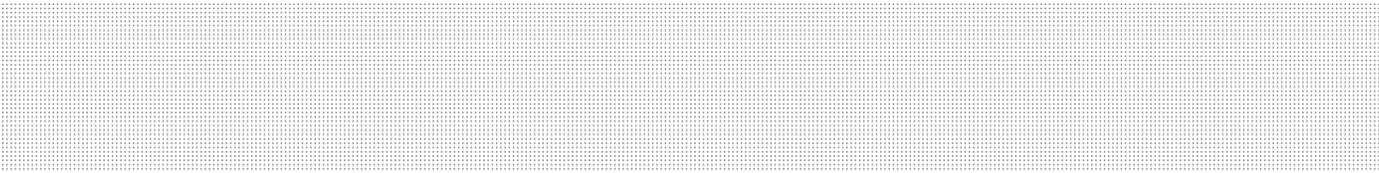
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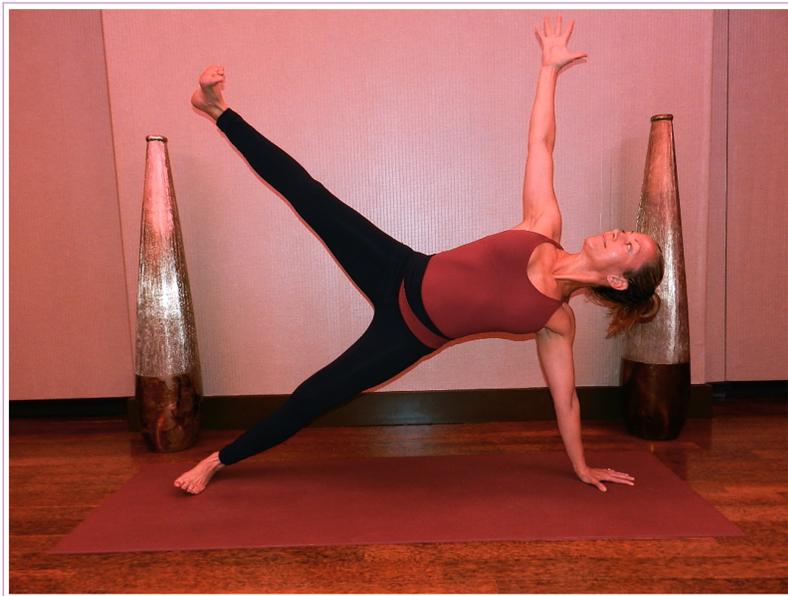
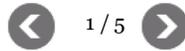
EXTRA GOODNESS



WELLNESS WIRE

Tuesday, June 26, 2012

Pure Shape: Loren Bassett's 3 moves for yogic core strength



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Pure Yoga instructor Loren Bassett is so core-



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focused that in her signature offering, Bassett's Bootcamp, plank is the resting pose. 'Nuff said.



She brings that ethos into all of her vinyasa classes (where loud dance music towards the end of class indicates the start of a grueling abs sequence), because, she says, the core is the epicenter of the body, and learning to engage and strengthen those muscles will give you a leg up in your yoga practice and overall fitness level.

"Ideally, you want to practice the belly lock (Uddiyana Bandha) throughout your whole practice, pulling the belly in and up," she says. "You should be able to bounce a quarter off of your belly in these postures."

Not quite there? Join us for a very-special class with Bassett in July!

And try her three yoga moves for core strength to improve your practice (and bikini confidence) now...



FILED UNDER: WELLNESS WIRE

TAGS: CORE STRENGTH, LOREN BASSETT, PURE YOGA



One Comment | ADD YOURS

MarkG

July 2nd, 2012 at 8:11 am

These are awesome. I am feeling my core and all I am doing is looking at this postures. Whew. Got to try them. MarkG

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