

# YogaCore

*Core Strength and Injury Prevention Through Yoga*

Kim Gray, C-IAYT, ERYT-500, Personal Trainer and  
Master Trainer for YogaFit Worldwide



# Understanding the Core

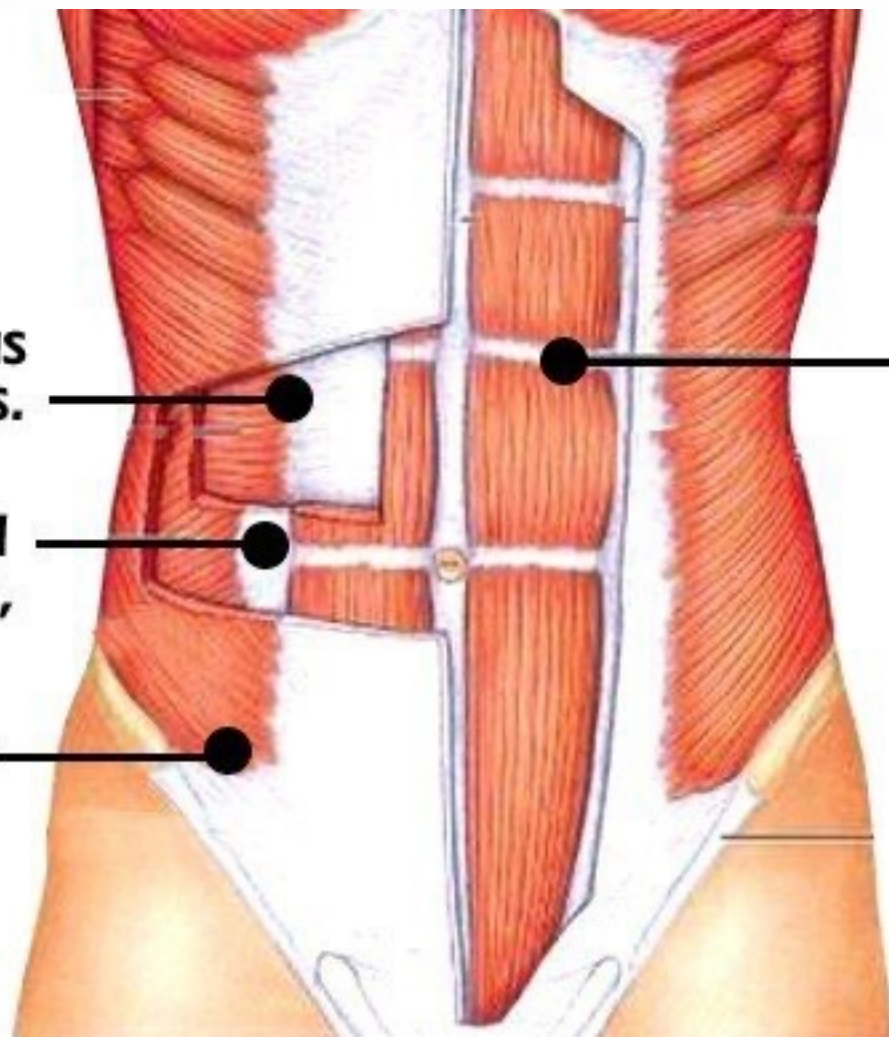
- *Abdominals*
- *Upper back muscles*
- *Mid-back muscles*
- *Low-back muscles*
- *Hips / Pelvic Region*

**Transversus  
Abdominis.**

**Internal  
Oblique,**

**External  
Oblique,**

**The Rectus  
Abdominis**

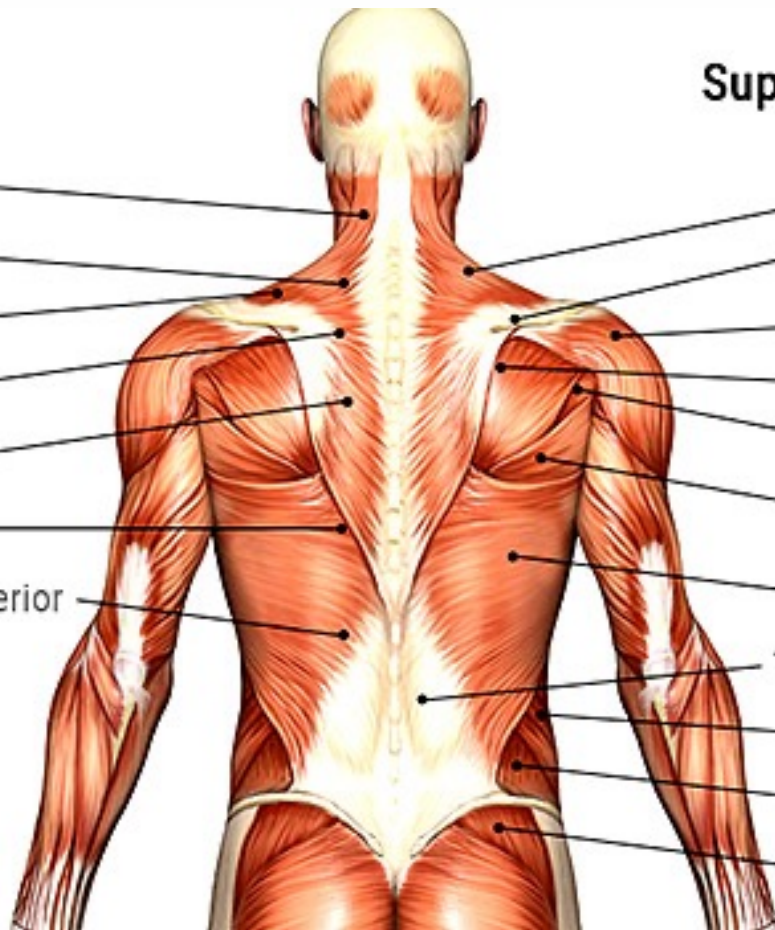


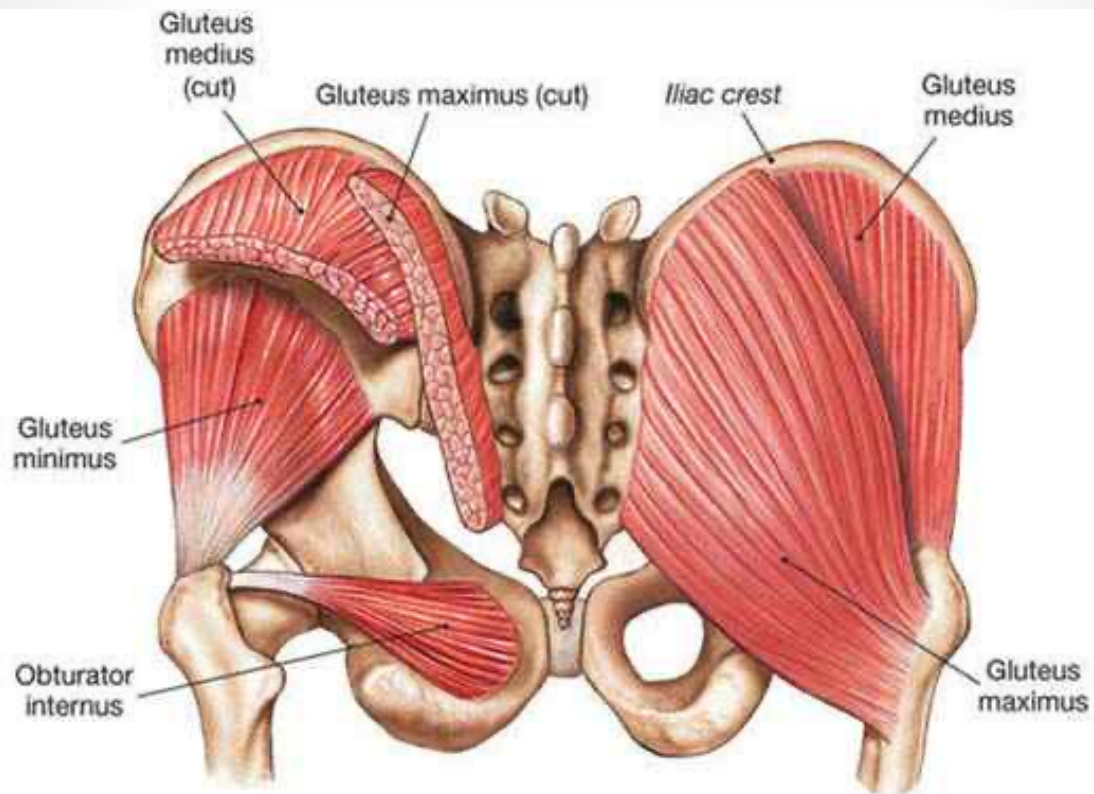
## Deep Muscles

- Splenius capitis
- Splenius cervicis
- Levator scapulae
- Rhomboid minor
- Rhomboid major
- Erector spinae
- Serratus posterior inferior

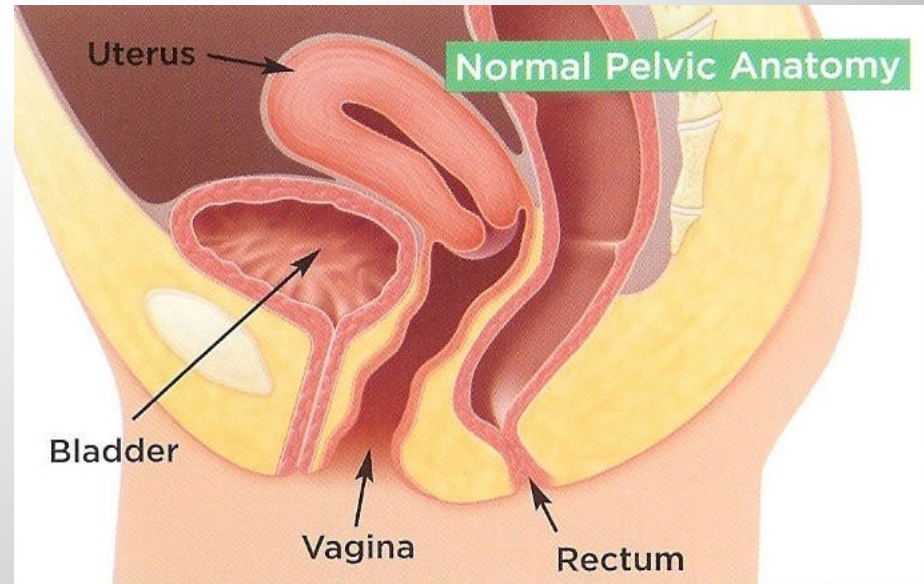
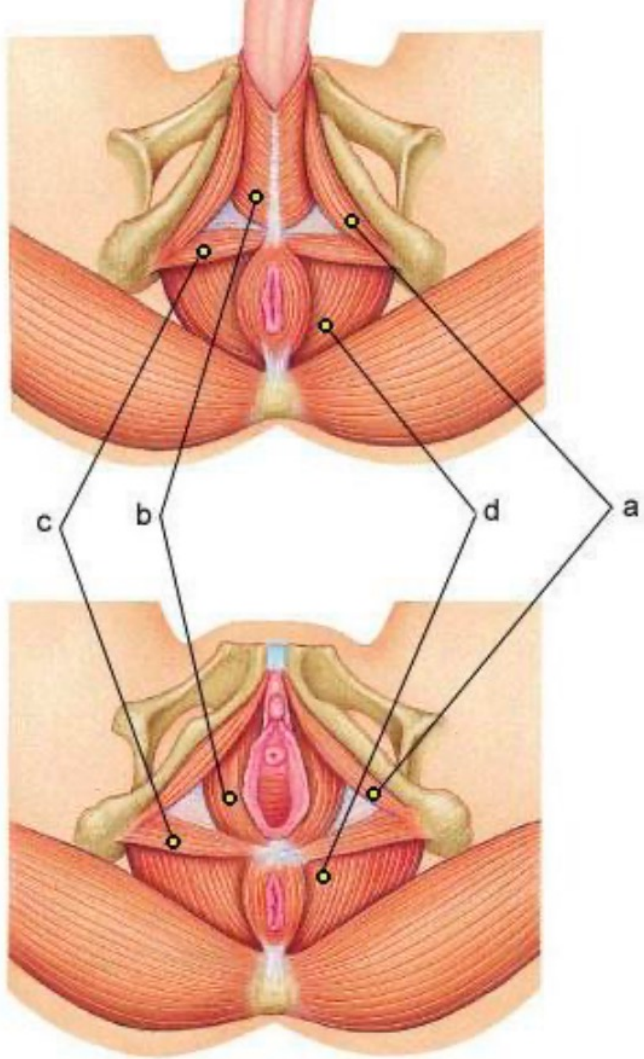
## Superficial Muscles

- Trapezius
- Spine of scapula
- Deltoid
- Infraspinatus
- Teres minor
- Teres major
- Latissimus dorsi
- Thoracolumbar fascia
- External oblique
- Internal oblique
- Gluteus medius





**Gluteal and lateral rotators, posterior view**



# A Strong Core Matters!

- Support for ADLs and exercise
- Support for leisure activities and sport
- Support for the spine and back
- Guards against injury during movement
- Foundation for efficient and controlled movement

# Oh, my aching back! Preventable causes:

- Lack of awareness during ADLs
- Poor posture and body mechanics
- Weak abs and back muscles
- Tight erector spinae
- Tight hip flexors (psoas and attachments)
- Tight hamstrings
- Tight pecs



# A YogaCore class will:

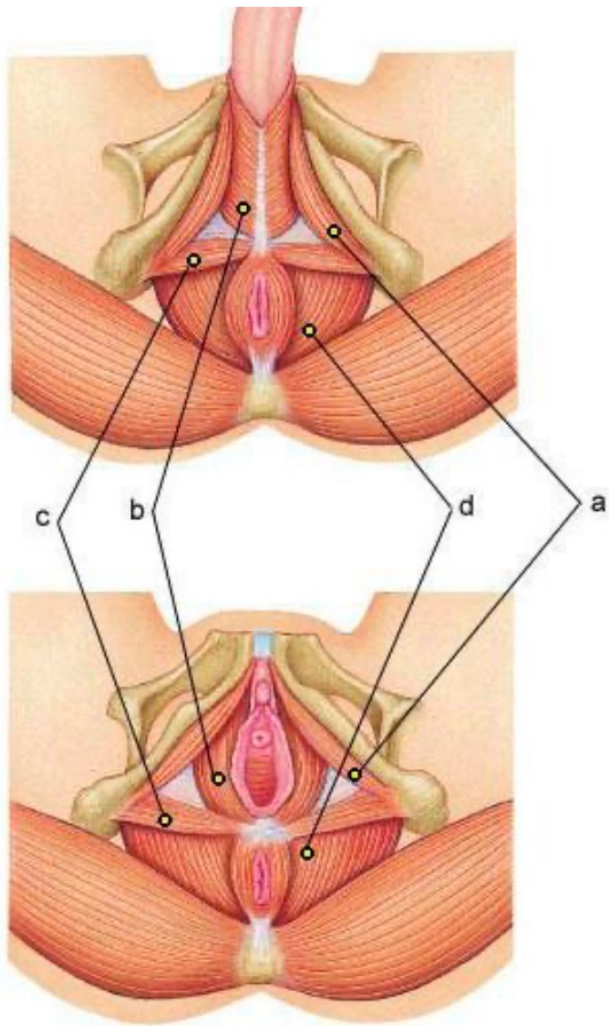
- Increase back and abdominal strength and endurance
- Improve spinal flexibility
- Enhance muscle balance in the body
- Improve stability
- Increase body awareness which helps prevent injury

# YogaFit's Seven Principles of Alignment

1. Establishing Base and Dynamic Tension
2. Creating Core Stability
3. Aligning the Spine
4. Softening and Aligning the Knees
5. Relaxing Shoulders Back and Down
6. Hinging at the Hips
7. Shortening Lever Length

# The Three Components of Core Activation

- Mula Bandha (Root Lock)
- Transverse Abdominus
- Multifidi



(a) Ischiocavernosus - lateral

(b) Bulbospongiosus-medial

(c) Superficial transverse perineal

(d) Sphincter - part of the lower triangle.

**\*\*Note: This muscle should not contract in root lock.**

# YogaFit Three Mountain Format

- Mountain 1 – Warm-up
- Valley 1 – Sun Salutations
- Mountain 2 – Work
- Valley 2 – Balance
- Mountain 3 – Floor work, Cool Down, Rest

# Include these components:

- Mountain 1 – Six spine movements, heating breath, core awakening
- Valley 1 – Plank flows and extra push-ups
- Mountain 2 – Flex and Flow with vinyasa
- Valley 2 – Balance Flow
- Mountain 3 – Back strengthening, core work

# Let's practice!

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Thank you – let's connect!

kim@yogafit.com

IG: energy\_kim

FB: @energykim

YogaFit FB & IG: @yogafitinc  
yogafit.com

