



The Core Strength Vinyasa Yoga® Anatomy Session

With Sadie Nardini, E-RYT 500 / Founder of CSV Yoga® &
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SESSION 1: THE PHYSICS OF YOGA

What Is Core Strength Vinyasa Yoga?

Harness The Power of Physics

Breaking Linear: Why & How To Bend For Lightness:

Try it: Kneeling & Mountain Pose

= GRF: The Ground Reaction Force

Focus In On Arm And Hip/Knee Alignment When Activating The GRF.

A Deeper Dive Into The Core:

Superficial Front & Back Line: A Default For Yogis

A Tale Of Two Sun Salutations

The True Core: Deep Core Line Myofascial Meridians

Learn **The Four Foundations** To transform any yoga pose.
(there are 7 Core Cues but you can start here)

Four Foundations to activate the DCL in order:

- 1: **Soften Down:** Melt, breathe, bend.
- 2: **Ground Down:** Foundation presses the earth.
- 3: **Core Lift:** Psoas first, then lower back.
- 4: **Express Out:** Axial extension from pelvis outward through spine and bones.

=The Wave.

A Core Strength Vinyasa Yoga Transformer “Four Foundations” Practice

The Belly Bonfire Breath: Pelvic floor, diaphragm, lower belly, natural breathing style. **Soften away Ujayyi throat constriction!**

Warm up: Mountain Pose remove one Foundation each time
Unhinge at hip creases into Tadasana - no rounding.

Focus on finding The Wave in all poses.

Questions / Notes: