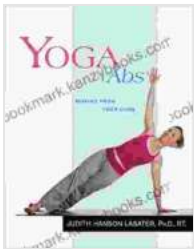


# Yoga Abs: Moving From Your Core Yoga Shorts

**Are you ready to take your yoga practice to the next level?**

Yoga Abs is the revolutionary new fitness program that will help you build a strong, sculpted core and long, lean legs. With this unique program, you'll learn how to combine the best of yoga and Pilates to create a total-body workout that will transform your body from head to toe.



## Yoga Abs: Moving from Your Core (Yoga Shorts Book 3)

by Judith Hanson Lasater

★★★★☆ 4.6 out of 5

Language : English  
File size : 1159 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 112 pages



Created by renowned yoga instructor and fitness expert Tara Stiles, Yoga Abs is a safe and effective workout that is perfect for all levels of fitness. The program includes three levels of difficulty, so you can start at your own pace and gradually progress as you get stronger.

**Here's what you can expect from Yoga Abs:**

- **A stronger, more sculpted core.** Yoga Abs will help you build a strong foundation of core strength, which is essential for good posture, balance, and overall fitness.
- **Long, lean legs.** The program's unique combination of yoga and Pilates exercises will help you lengthen and tone your legs, giving you a long, lean silhouette.
- **Improved flexibility and range of motion.** Yoga Abs will help you improve your flexibility and range of motion, which can help you prevent injuries and improve your overall fitness level.
- **Increased energy and vitality.** Yoga Abs is a great way to boost your energy levels and improve your overall well-being.

**If you're ready to transform your body and mind, then Yoga Abs is the perfect program for you.**

**Free Download your copy of Yoga Abs today and start your journey to a stronger, leaner, and healthier you!**

### **Benefits of Yoga Abs:**

- Builds a strong, sculpted core
- Lengthens and tones legs
- Improves flexibility and range of motion
- Increases energy and vitality
- Safe and effective for all levels of fitness
- Includes three levels of difficulty

- Created by renowned yoga instructor and fitness expert Tara Stiles

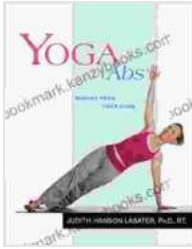
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