

DVD Review: Yoga Link — Core Integration

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Looking for some new moves to **tone your core muscles**? The DVD **Core Integration** (\$19.95) is designed to strengthen you from the inside out. The exercises are meant to not only target your abdominal muscles, but they'll also strengthen weak muscle tissue, awaken sluggish organs, stretch scar tissue, and cultivate vibrancy in your

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nervous system. It's important to **strengthen your core** for spinal stability and digestive health, but it also makes us feel good about ourselves to have tight abs.

I'm a fan of this DVD because the instructor gives you a little three-minute anatomy lesson of your core muscles, and describes how each muscle moves your spine. Very cool. Then in the workshop portion of the DVD, she shows you how to use props (a mat, block, wall, and a foam roller) to do some really awesome core-strengthening moves that target your rectus abdominals, obliques, and your transverse abdominals, and psoas (you'll learn what these are if you watch the video). She does a great job of explaining each move as

she's doing it, and describes what's happening in your body as you do each exercise. I haven't learned this much from a yoga DVD in a long time.

After the 71-minute workshop portion, she guides you through a 57-minute core practice, which includes a flow sequence of all the exercises you learned in the workshop. These moves were amazing, and I worked muscles in my abs I never reach with regular **crunches**. I definitely recommend **this video** if you're really into strengthening your core.

