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FITNESS
By Bari Lieberman

One Move For Strong, Flat Yoga Abs



Yoga does incredible things for the body. The practice helps clear the mind and restore balance – both physically and mentally. That makes it an ideal (and healthy) way to deal with holiday [stress](#). Just moving through a simple flow, or relaxing in a soothing position can totally change your outlook.

[Yoga](#) also does incredible things for your abs.

While you have to engage the muscles of your core throughout all poses, there are particular postures that are super-sculptors for tight abs. One such move is the side [plank](#) to crescent twist explains Bethany Lyons, co-founder of [Lyons Den Power Yoga](#) studio in NYC – that's her in the picture.

This flow targets multiple muscles including your rectus abdominis, transverse abdominis and obliques Lyons explains. The bonus, she adds, "it also strengthens the legs, hips and upper back while improving your balance and focus."

Here's how to do it: Begin in side plank position with both feet flexed (as pictured). Take your top leg and lift it up six inches. Draw the top knee into your chest and hold it there for three slow breaths. Look down at your bottom hand and place your top foot four inches toward the front of the mat. Pivot your back heel off the mat and land in a low lunge, then twist over that front leg with your hands in prayer position. Hold for three slow breaths. Return to side plank and then flow through a Vinyasa (chaturanga, up dog, down dog), and repeat on the other side.