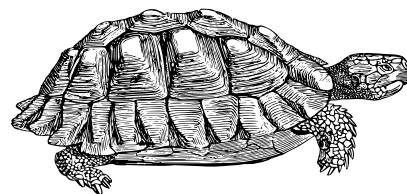


# 5

## Center - Core

Allow me to share the story of the hare and the turtle racing. The hare, confident in its speed, takes a break during the race and falls asleep, while the turtle steadily continues without pausing. Eventually, the turtle wins. The moral is that steady and consistent progress often leads to more success than hasty and careless actions.



**What does this have to do** with the center of your body?

Unlike in fitness training, it's not about achieving a six-pack quickly; instead, **it's about deeper grounding within yourself** through slow movement. Connecting these profound muscles is important on a physical level because they stabilize and serve as counterparts to the back muscles

Especially if you have cases of lower back pain, it's necessary to activate and train the abdomen.

**In Traditional Chinese Medicine** (TCM), the concept of "Hara" refers to the energy center located in the lower abdomen. It is considered the center of physical and emotional balance and vitality. It is said to be the source of Qi, or life force energy, in the body.

According to that your potential for strength lies here, providing power and nurturing your individual creativity.

**During your practice**, concentrate on gradually strengthening the abdominal muscles in harmony with your breath to establish a stable network and deep anchoring.



**try out ;)** alternating  
plank pose - inhaling  
down dog - exhaling  
hold plank for 5 deep breath

