



6 Beginner Yoga Poses For Core Strength And Better Balance

Description

Balance in yoga is not about standing perfectly still. It is about noticing when your weight shifts, making a small correction and staying calm enough to try again. Your core plays a big part in that process because it helps connect the upper and lower body while you move.

This is the next step after my [10 basic yoga moves](#) and [gentle mobility routine](#). The six poses below add controlled strength and balance without requiring advanced flexibility.

Move slowly and use a wall or yoga block when you need support. Stop if you feel sharp pain, dizziness or numbness. If you are pregnant, recovering from an injury or managing a medical condition, check with a qualified professional before starting or changing your routine.



Core control and balance improve through steady, repeatable practice rather than perfect stillness.

1. Chair Pose



Chair Pose asks the legs and core to support an upright, controlled position.

Chair Pose looks like a simple squat, but holding it with control asks the legs and core to work together.

Stand with your feet hip-width apart. Bend your knees and send your hips back as though you are sitting into a chair. Keep your chest lifted, ribs controlled and weight spread across the whole foot. Reach your arms forward at shoulder height and hold for three to five steady breaths.

Benefits: Builds strength in the thighs and glutes while teaching the core to support an upright torso. It also improves awareness of knee and foot alignment.

Jade's tip: Look down briefly. You should still be able to see your toes, and your knees should track in the same direction as them.

2. Bent-Knee Boat Pose



Keeping the knees bent makes Boat Pose more accessible while the core still works.

Boat Pose trains the core without needing crunches or fast repetitions. Keeping the knees bent makes the position more manageable for beginners.

Sit tall with your knees bent and feet on the mat. Lean back slightly while keeping the spine long. Lift one foot, then the other, until your shins are roughly parallel to the floor. Reach your arms forward and

keep the chest open. Hold for three to five breaths, then lower your feet with control.

Benefits: Strengthens the abdominal muscles and hip flexors while challenging posture and steady breathing.

Jade's tip: Hold the backs of your thighs if your spine starts rounding. Good posture matters more than letting go with the hands.

3. Balancing Table



Balancing Table develops cross-body coordination and steady hip control.

Balancing Table, sometimes called Bird Dog, is a useful way to practise cross-body coordination while the floor remains close.

Start on your hands and knees with wrists under shoulders and knees under hips. Extend your right arm forward and your left leg back. Keep the hips level and imagine reaching in two directions rather than lifting as high as possible. Hold for three to five breaths, return to tabletop and change sides.

Benefits: Builds core and back-body strength, improves coordination and teaches you to keep the pelvis steady while the limbs move.

Jade's tip: Place your extended toes back on the mat if you feel unstable. You can still practise the arm reach and hip control.

4. Modified Side Plank

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The grounded knee makes Side Plank easier to learn while the side body and shoulder work.

Modified Side Plank introduces side-body strength without asking you to balance on both feet.

From hands and knees, extend one leg back and rotate your chest open. Keep the lower knee and supporting hand grounded. Place the extended foot on the mat and reach the top arm towards the ceiling. Press the floor away and keep the waist lifted. Hold for three to four breaths before changing sides.

Benefits: Strengthens the obliques, shoulders and outer hips while developing confidence in a side-facing balance.

Jade's tip: Keep the supporting hand slightly ahead of the shoulder if placing it directly underneath feels uncomfortable.

5. Supported Warrior III



A yoga block provides a stable reference point while learning Warrior III.

Warrior III is a strong single-leg balance. A yoga block gives you a stable reference point while you learn the shape.

Place a block upright near the front of your mat. Stand behind it and shift your weight into one foot. Rest both hands lightly on the block as you hinge forward and extend the other leg behind you. Keep

the standing knee soft, hips level and back leg active. Hold for three to four breaths, step down and change sides.

Benefits: Strengthens the standing leg, glutes and back body while training balance and body awareness.

Jade's tip: Lift the back leg only as high as you can without opening the hip. A lower, level leg is more useful than a higher, twisted one.

6. Bridge Pose



Bridge Pose strengthens the back body and brings both feet back to the ground.

Bridge Pose finishes the sequence with both feet back on the ground. It works the back body while giving your balance system a break.

Lie on your back with knees bent and feet hip-width apart. Bring your heels towards your sitting bones and keep your arms beside you. Press through your feet to lift the hips to a comfortable height. Keep the knees parallel and the neck relaxed. Hold for five breaths, then lower slowly.

Benefits: Strengthens the glutes, hamstrings and back body while opening the front of the hips and chest.

Jade's tip: Think about lengthening your knees forward rather than lifting your hips as high as possible.

A 15-Minute Core And Balance Flow

Use this order when you want a short, focused practice:

1. Chair Pose 3 rounds of 4 breaths
2. Bent-Knee Boat Pose 2 rounds of 4 breaths
3. Balancing Table 4 breaths each side
4. Modified Side Plank 3 breaths each side
5. Supported Warrior III 4 breaths each side
6. Bridge Pose 2 rounds of 5 breaths
7. Rest on your back 1 to 2 minutes

Take a short rest between poses whenever your breathing becomes rushed. For balance work, a clean reset is better than fighting to stay in a shape that has already fallen apart.

How To Progress Without Forcing It

Repeat this sequence once or twice a week for a few weeks before making it harder. Progress can mean holding a pose for one extra breath, using a lighter touch on the block or moving more smoothly between sides. It does not have to mean choosing the most advanced variation.

Wobbling is part of the practice. Each small correction teaches you where your body is in space, and that awareness is more useful than chasing a perfect photograph of the pose.

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