
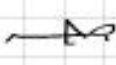
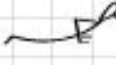
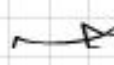
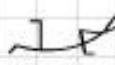
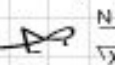
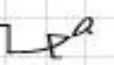


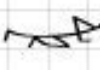

Low Back Pain Practice

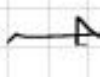

1.  $\frac{\triangle N}{\surd X}$ cakravakasana 4T

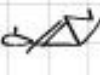

2.  $\frac{\triangle N}{\surd X}$ vajrasana vinyasa 4T



3.  $\frac{N \triangle}{\surd X}$  $\frac{N \triangle}{\surd X}$  $\frac{N \triangle}{\surd X}$  $\frac{N \triangle}{\surd X}$  $\frac{N \triangle}{\surd X}$  $\frac{N \triangle}{\surd X}$ bhujangasana variation 4T



4.  $\frac{\triangle N}{\surd X}$  $\frac{\triangle X}{N \surd}$  $\frac{\triangle X}{N \surd}$ parsva uttanasana 4T each side


5.  $\frac{N \triangle}{\surd X}$  $\frac{N \triangle}{\surd X}$ rajakapotasana prep vinyasa 4 T each side

6.  $\frac{N \triangle}{\surd X}$  $\frac{N \triangle}{\surd X}$ salabhasana variation 4T alternating each side.
Turn head when on ground alternating sides

7.  $\frac{N \triangle}{\surd X}$  $\frac{N \triangle}{\surd X}$ eka pada apanasana 4 T each side

8.  $\frac{\triangle N}{\surd X}$  $\frac{\triangle N}{\surd X}$ janu sirsasana 4T each side hold 1 br

9.  $\frac{N \triangle}{\surd X}$  $\frac{N \triangle}{\surd X}$ dwi pada pitham 4 T

10.  $\frac{N \triangle}{\surd X}$ jathara parivrtti hold 6 br each side

11.  $\frac{N \triangle}{\surd X}$ savasana

