




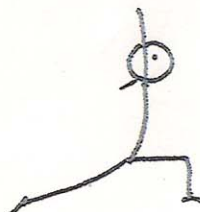

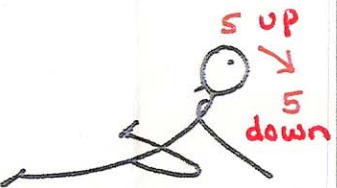


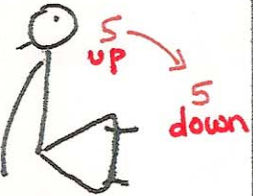


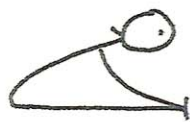


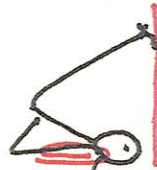





# Get Hip!

Opening the hips to ease back pain

 <p>Thread the Needle</p>	 <p>Hip Opener Twist</p>	 <p>Tadasana</p>	 <p>Uttanasana</p>	 <p>Adho Mukha Svanasana</p>
 <p>R-Anjaneyasana <b>5</b> <i>breaths</i></p>	 <p>R-Eka Pada Rajakapotasana II <b>5</b></p>	 <p>R-Eka Pada Rajakapotasana</p>	 <p>Adho Mukha Svanasana <b>REPEAT ON LEFT SIDE</b></p>	 <p>Navasana <b>5</b></p>
 <p>R-Angi Stanbhasana</p>	 <p>R-Ardha Purvottanasana <b>5</b></p>	 <p>R-Ardha Matsyendrasana <b>10</b> <b>REPEAT ON LEFT SIDE</b></p>	 <p>Paschimottanasana <b>10</b></p>	 <p>Purvottanasana <b>5</b></p>
 <p>Baddha Konasana</p>	 <p>Salamba Sarvangasana @ wall</p>	 <p>Viparita Karani Baddha Konasana</p>	 <p>Seated Meditation</p>	 <p>Savasana</p>