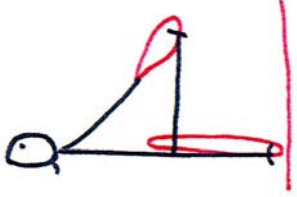
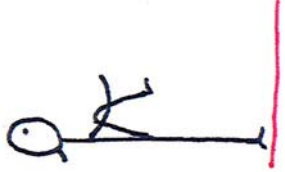






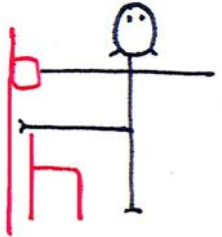

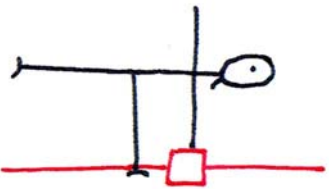
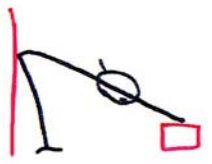





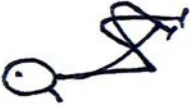
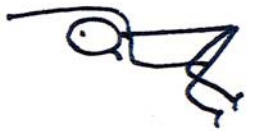



Lower Back Pain

Poses to create traction in the spine to alleviate lower back pain.

 <p>Supta Padangusthasana I (2 straps @ wall)</p>	 <p>Ardha Supta Pavanmuktasana</p>	 <p>Malasana</p>	 <p>Uttanasana</p>	 <p>Tadasana</p>
 <p>Chair Bharadvajasana</p>	 <p>Utthita Marichyasana (w/ chair @ wall)</p>	 <p>Prasarita Padottanasana (hips @ wall)</p>	 <p>Utthita Hasta Padangusthasana (to side w/ chair)</p>	 <p>Trikonasana (back @ wall)</p>
 <p>Ardha Chandrasana (back @ wall)</p>	 <p>Extended Uttanasana</p>	 <p>Pasasana @ wall</p>	<p>PARTNER</p>  <p>Adho Mukha Svanasana (lay on back & ground thighs)</p>	<p>PARTNER</p>  <p>Balasan (press on sacrum)</p>
 <p>Chair Halasana</p>	 <p>Setu Bandha</p>	 <p>Cross-Ankle Apanasana</p>	 <p>Reclining Twist</p>	 <p>Legs in Chair</p>