
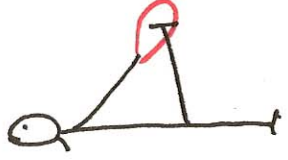






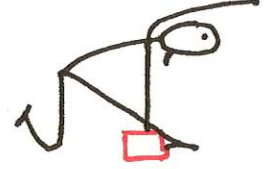




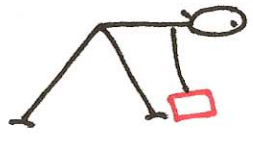
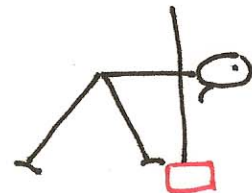
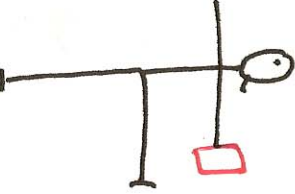

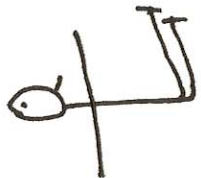




Side Body

Lengthening the side waist to decompress the lower back and bring breath into the diaphragm.

 <p>Side Bend Over Roll</p>	 <p>Supta Padangusthasana</p>	 <p>Virasana Side Bend</p>	 <p>Low Side Lunge</p>	 <p>Adho Mukha Svanasana</p>
 <p>Parvrita Adho Mukha Svanasana</p>	 <p>Plank</p>	 <p>Balasana</p>	 <p>Parighasana</p>	 <p>Tadasana & Kubera Mudra</p>
 <p>Kubera Mudra Breath in Side Ribs <i>Touch thumb, index & middle tips, curl ring & pinkie into palm</i></p>	 <p>Parsva Prasarita Padottanasana</p>	 <p>Prasarita Padottanasana</p>	 <p>Parsvottanasana</p>	 <p>Trikonasana</p>
 <p>Ardha Chandrasana</p>	 <p>Uttanasana</p>	 <p>Jathara Parivartanasana</p>	 <p>Strap Pranayama</p>	 <p>Savasana</p>