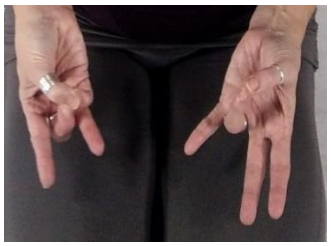
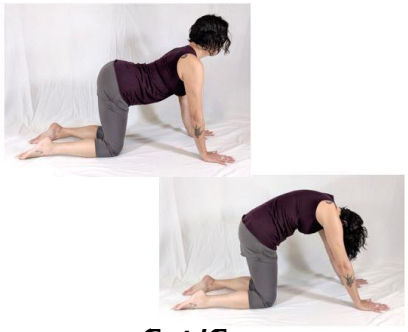
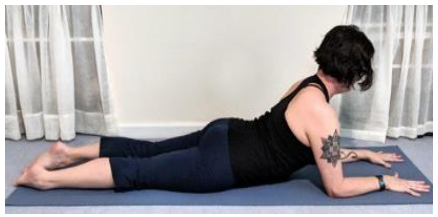
Simple Back Pain Protocol

"My back supports me" *"My back supports me"* *"My back supports me"* **Sankalpa**	 **Pelvic Tilt/Tuck**	 **Back Mudra** RIGHT: Thumb to middle & pinkie LEFT: Thumb to ring	 **Windshield Wipers**
 **Leg Extensions**	 **Hamstring Kicks**	 **Cat/Cow**	 **Wag Tail**
 **Puppy** Forehead on block, breathe into back	 **Sphinx**	 **Bridge** Block under sacrum, block between and strap around knees	*"My back supports me"* *"My back supports me"* *"My back supports me"* **Repeat Sankalpa**