

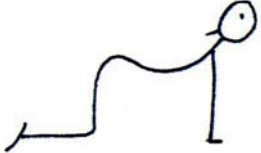





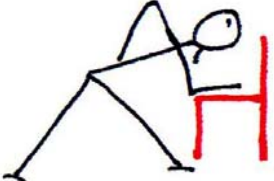













# Twists for Back Pain

*Adapted from a sequence by Elise Miller.*

 <p>Sukhasana (breathe into ribs)</p>	 <p>Parvrita Sukhasana (10 breaths each side)</p>	 <p>Cat/Cow</p>	 <p>Puppy to Sides</p>	 <p>Childs Pose</p>
 <p>Down Dog</p>	 <p>Bharadvajasana (w/ chair keeping hips still)</p>	 <p>Bharadvajasana (w/ chair letting hips rotate)</p>	 <p>Trikonasana (w/ chair)</p>	 <p>Parvrtta Trikonasana (w/ chair)</p>
 <p>Marichyasana III (w/ chair)</p>	 <p>Parvrtta Parsvakonasana</p>	 <p>Parvrtta Dandasana</p>	 <p>Bharadvajasana</p>	 <p>Ardha Matsyendrasana</p>
 <p>Parvrtta Janu Sirsasana</p>	 <p>Paschimottanasana</p>	 <p>Viparita Karani</p>	 <p>Pranayama (w/ strap around ribs)</p>	 <p>Savasana</p>