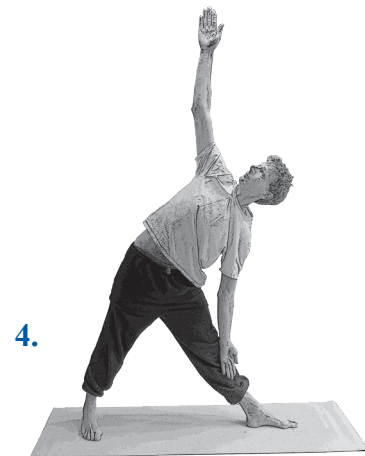
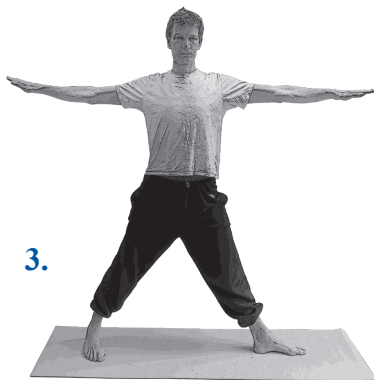
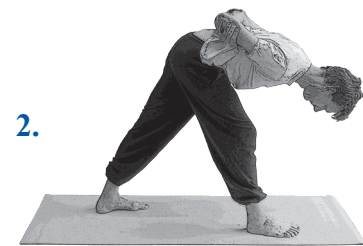
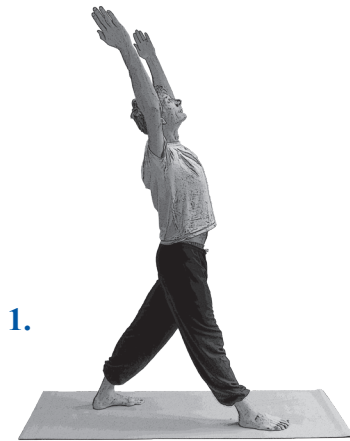


Yoga for a Healthy Back 2

These movements stretch and lengthen the back of your body, though you may feel it in other areas of your body too. I find it works well to move in time with your breathing. As a rule of thumb, breathe in when you're opening up or stretching out, and breathe out when you're folding in or curling down. Once you've gone through the sequence (1-14) with one leg leading, repeat it on the other side. You can repeat the sequence a few times and see if you prefer moving in rhythm with your breathing or staying for a few breaths in each position.

In pictures 15 and 16 you can stay for up to 5 minutes, quietly focussing on your breath.



Yoga a Healthy Back 2 (cont)

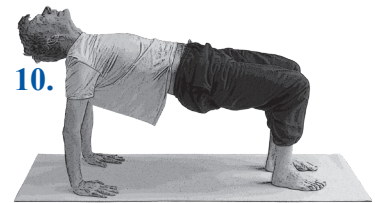
8.



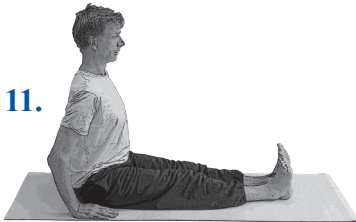
9.



10.



11.



12.



13.



14.



Now repeat the sequence on the other side.

15.



16.

