

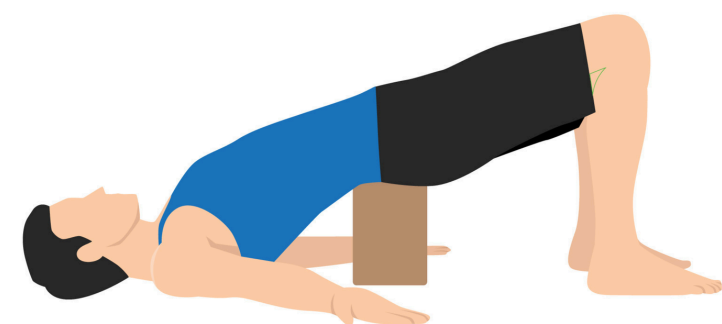
YOGA POSES LOWER BACK

strengthens muscles
relieves tension
increases flexibility
increases range of motion

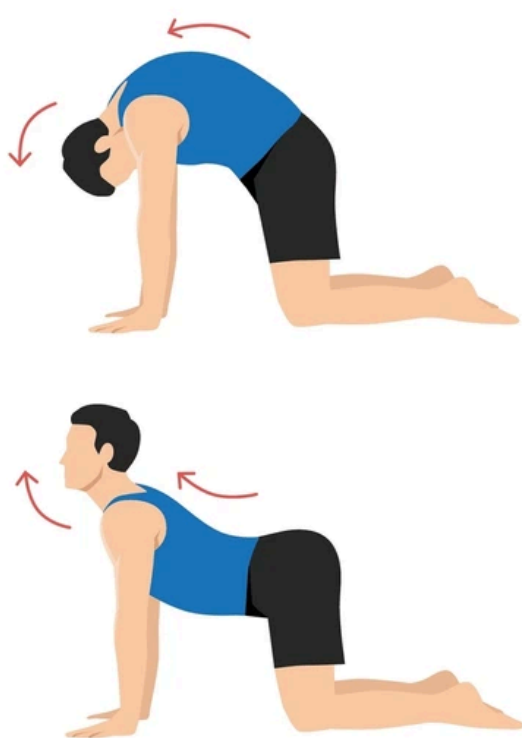
sphinx or cobra



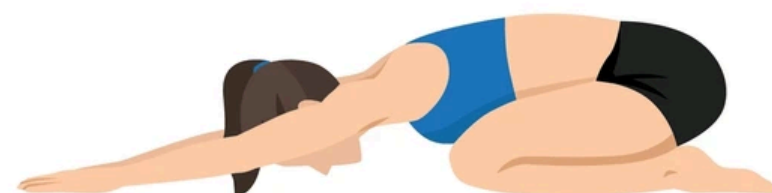
bridge



cat cow



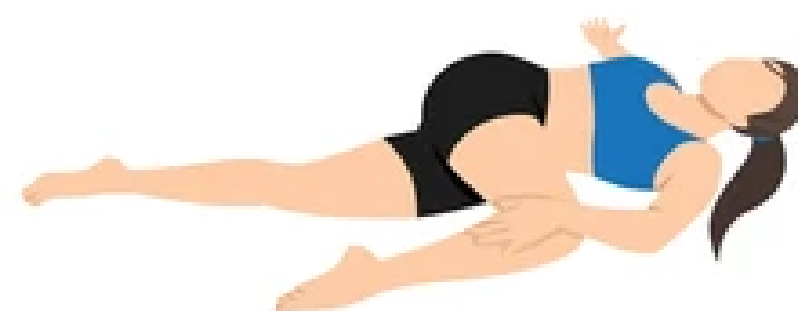
child's pose



downward dog



supine twist



knees to chest

