


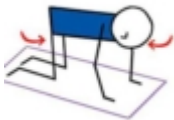














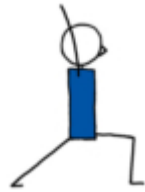


Yoga To Ease Lower Back Aches & Stiffness

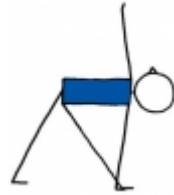
 <p>Hero</p>	 <p>Kneeling Pyramid Arms</p>	 <p>Kneeling Eagle Arms</p>	 <p>Cow Head To Pelvis</p>	 <p>Cat Cow</p>	 <p>Cat Head To Knee</p>
 <p>Prostration</p>	 <p>Extended Child</p>	 <p>Sphinx Low</p>	 <p>Cobra</p>	 <p>Camel Hands On Hips</p>	 <p>Baby Camel</p>
 <p>Camel Wide Legs</p>	 <p>End Of Sequence</p>	 <p>Shoulder Shrugs Standing</p>	 <p>Mountain Namaste</p>	 <p>Tree (arms & left leg up)</p>	 <p>Roll ups</p>



Standing Crescent



Warrior I



Extended Triangle



Upward Salute



Halfway Lift II



Chair



Upward Salute



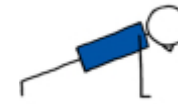
Standing Fold Knees Bent II



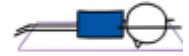
Roll Downs



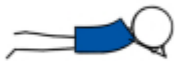
Downward Facing Dog Knees Bent



Plank



Superman



Crocodile



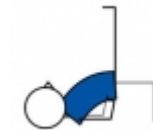
End Of Sequence



Bridge Arms Behind



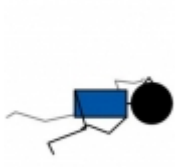
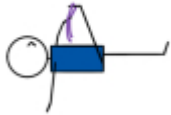



Bridge Leg Raise



Bridge Leg Up



Rocking And Rolling

 Lying Twist	 Supine Twist (strap)	 End Of Sequence	 Corpse	 Palming
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You can create lesson plans like this using the [Genie Lesson Planner](#)