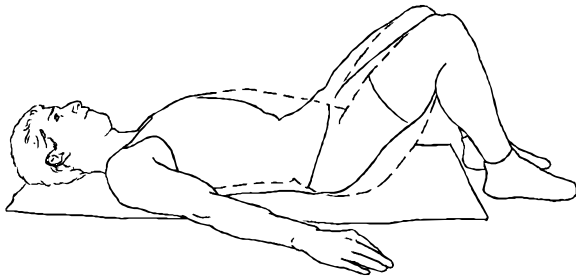
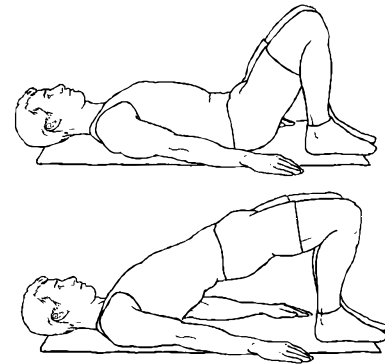


BEGINNER - 3 Pelvic Tilt



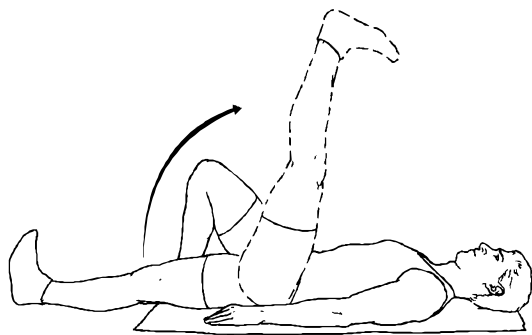
Lie on back, legs bent. Exhale, tilting top of pelvis back, pubic bone up, to flatten lower back. Inhale, rolling pelvis opposite way, top forward, pubic bone down, arch in back. Repeat 10 times. Do 2 sessions per day.

BEGINNER - 28 Bridge



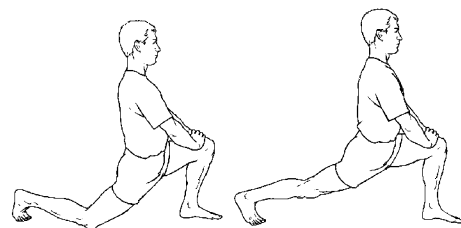
Lie back, legs bent. Inhale, pressing hips up. Keeping ribs in, lengthen lower back. Exhale, rolling down along spine from top. Repeat 8 times. Do 2 sessions per day.

BEGINNER - 7 Single Leg Raise



Lie on back, one leg bent, other leg straight on mat. Inhale, raising straight leg toward ceiling. Keep hips on mat. Exhale, lowering leg to mat. Repeat 8 times. Repeat with other leg. Do 2 sessions per day.

YOGA - 96 Lunge Stretch



Step into deep forward lunge, hands on thigh, knee lightly touching floor. Push back leg straight. Do not allow front knee past line of toes.

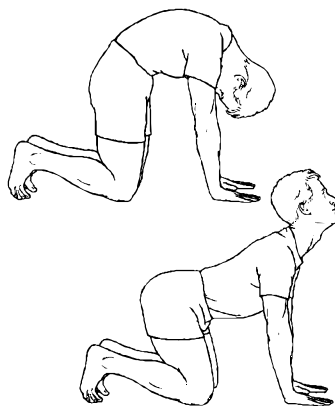
NOTE: BEGINNERS NOTE: KEEP BACK KNEE ON FLOOR.

Hold for 5 breaths. Repeat on other side.

ADVANCED: Arms reaching up, arch back slightly.

YOGA - 24 Cat Back

On hands and knees, exhale and round back up. Inhale and arch back down.



Hold for 5 breaths.

Modified Cobra Pose



- Hips on the floor
- Elbows under shoulders
- Gently draw chin and sternum forward and upward until stretch is felt in pubic area of stomach.
- Relax and breath into abdomen.

Note: You dont want to feel pain or tightness in your lower back. Adjust height.

2 x 5 breaths