## SIMPLE YOGGA For back pain

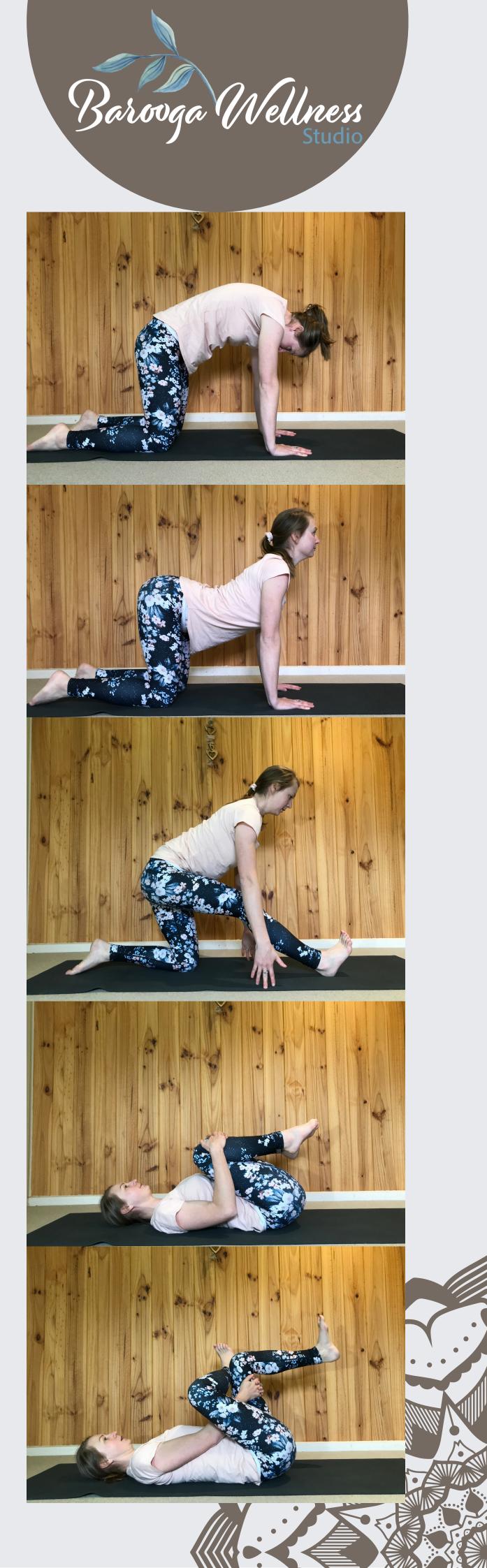
## Cat

Round through back, press mat away with hands. Draw belly in. Tuck tailbone

## Cow

Sink belly down. Extend head and tail bone. Look up, expand chest.

1/2 Splits
Step one foot between
hands. Draw hips back to
lengthen front leg. Bend
knee as needed.
Repeat other side



Hug Knees Lay on back. Hug knees to chest. Tuck chin, lengthen spine.

Figure 4

Bring one foot past knee to create '4' shape with legs. Reach arm through and hug thigh towards chest.

Move your spine! :)