

Child's pose:

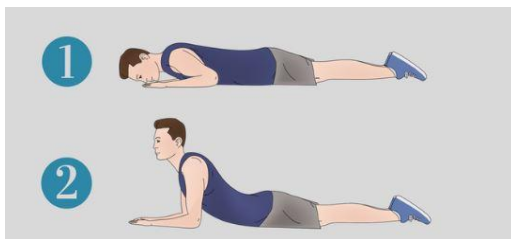
Sitting on your heels and reaching forwards. This position helps stretch the low back muscles. Hold for 30-60secs (3 Reps morning & evening)



Cat /Cow: (10 reps AM +PM)

Positioned on your hands and knees, hands positioned inline with your shoulders, knees positioned inline with your hips. Take a deep breath in and round your shoulders while tucking chin to chest. When you exhale, arch your spine downwards and look up. This will help take your spine through its range of motion as well as to help strengthen the intrinsic muscles of the spine. Do not force the motion and slowly work up to a full arch and round back. If it doesn't feel right- do not continue.

Cobra or half cobra



Lying on your stomach, elbow's under armpits- slowly push up to arch the lower back. If this is easy you can push up onto your hands for a more advanced stretch. Hold the extended position for 2-3seconds then relax down again. Repeat for 10 reps (Morning & Evening)

