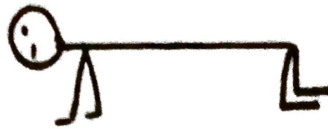


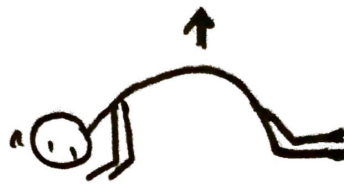
## Lower Back

This exercise is performed slowly using breath

On hands and knees  
Hand under shoulders  
Breathe in

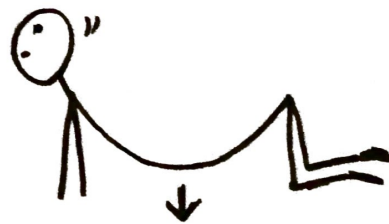


Round back  
Belly button pushing up to the ceiling  
Drop head  
Exhale (let out breath)- Cat



BREATHE  
OUT

Head up  
Breathe In  
Bottom push up  
Belly button towards floor – Cow



BREATHE  
IN

Repeat this exercise for a couple of minutes  
using your breath in and out slowly. Allow your  
body to relax