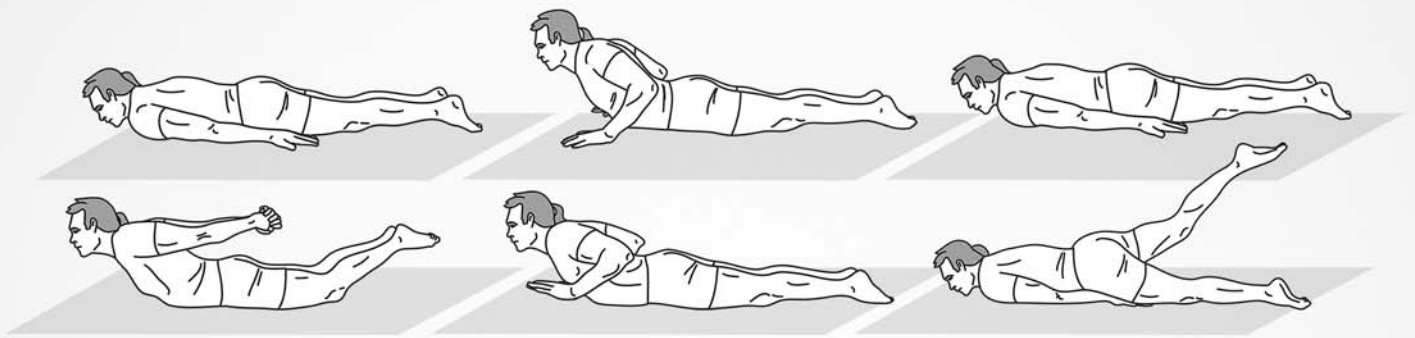


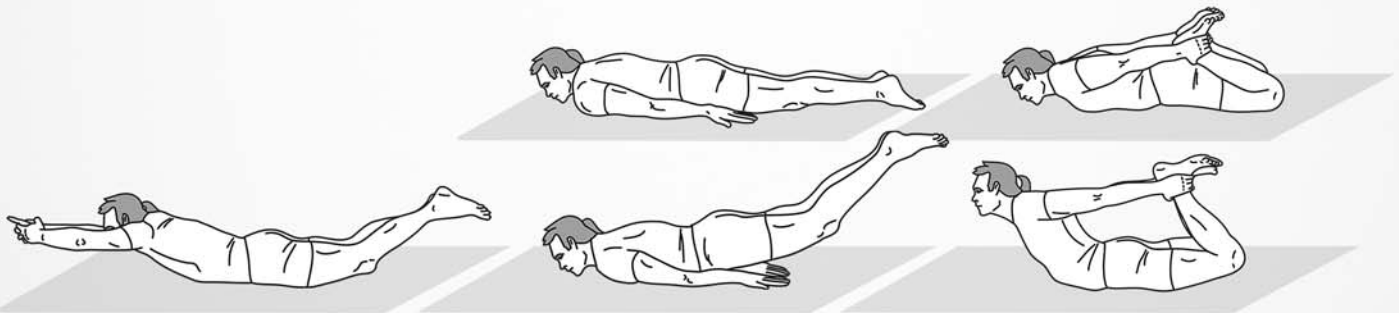
REARWARD

yoga for upper & lower back
by **SPYROS KAPNIAS GARUDANANDA**
for DAREBEE © darebee.com

LEVEL I 20 seconds each
LEVEL II 30 seconds each
LEVEL III 60 seconds each



1. back extension locks 2. back extensions, hands off 3. reverse flutter kicks (slow)



4. back extension hold 5. reverse leg raises 6. dynamic bows



7. reverse flutter kicks 8. reverse raise hold 9. back extension lock hold