

BACK PAIN relief

chair edition

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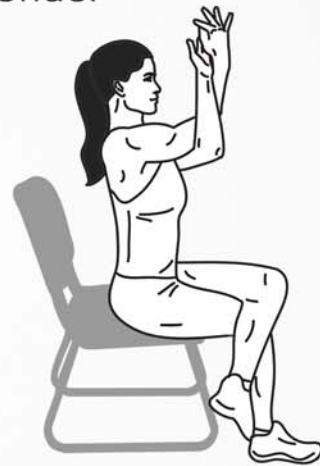
Hold each pose for 20 seconds.



cat pose



cow pose



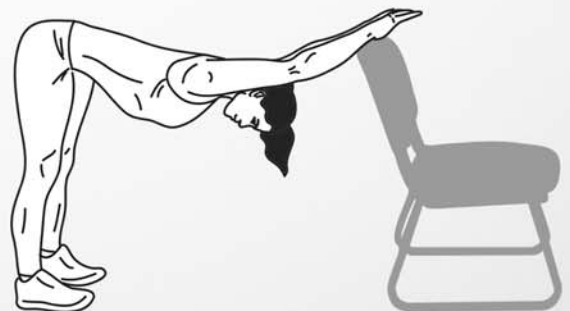
seated eagle pose



figure 4



seated twist



forward bend