REARWARD

yoga for upper & lower back

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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