

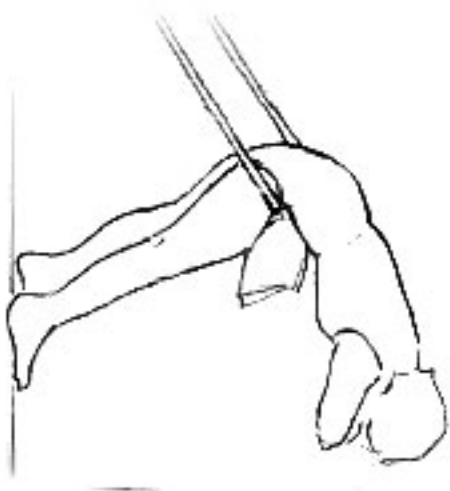
YOGA THERAPY FOR BACK PAIN



**UTTHITA HASTA
PADANGUSTHASANA**



PAVANMUKTASANA



**ROPE UTTANASANA
WITH FEET RASIED ON WALL**



SUPTA BADDHA KONASANA