

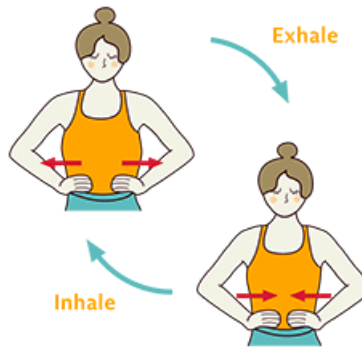
Easing Back pain

Alan Bondy



1. **Constructive Rest Pose**
Palms Chest Head Back
Backmitra • Savasana Nata Pada
Kartala Vaksha Sirsa Prshtha

Backmitra



2. **Ocean Breath Variation I**
Close Up • Ujjayi Pranayama
Variation I Close Up



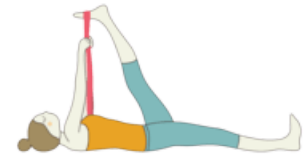
3. **Half Wind Release Pose** •
Ardha Pavan Muktasana



4. **Wind Release Pose** •
Pawanmuktasana



5. **Reclined Big Toe Pose Straps**
One Leg Bent • Supta
Padangusthasana A Straps One
Leg Bent



6. **Reclined Big Toe Pose Straps**
• Supta Padangusthasana A
Straps



7. **Revolved Reclined Big Toe**
Pose Strap • Parivrtta Supta
Padangusthasana Strap



8. **Reverse Pigeon Pose** •
Sucirandhrasana



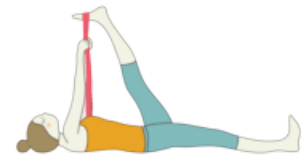
9. **Firelog Pose** •
Agnistambhasana



10. **Half Lord of the Fishes Pose**
• Ardha Matsyendrasana



11. **Reclined Big Toe Pose Straps One Leg Bent** • Supta Padangusthasana A Straps One Leg Bent



12. **Reclined Big Toe Pose Straps** • Supta Padangusthasana A Straps



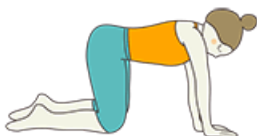
13. **Revolved Reclined Big Toe Pose Strap** • Parivrtta Supta Padangusthasana Strap



14. **Reverse Pigeon Pose** • Sucirandhrasana



15. **Firelog Pose** • Agnistambhasana



16. **Table Top Pose** • Bharmanasana



17. **Table Top Child Pose Flow** • Bharmanasana Balasana Flow



18. **Downward Facing Dog Pose** • Adho Mukha Svanasana



19. **Garland Pose** • Malasana



20. **Bound Angle Pose** • Baddha
Konasana



21. **Square Breathing** • Sama
Vritti



22. **Easy Pose** • Sukhasana