

# Hip and Low Back Stretches

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Ardha Matsyendrasana  
Half Lord of the Fishes



Janu Sirsasana  
Head to Knee



Baddha Konasana  
Bound Angle



Sucirandhrasana  
Eye of the Needle



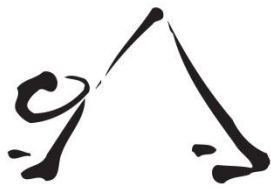
Apanasana  
Knees to Chest



Jathara Parivartanasana  
Reclining Twist

# Strengthen Low Back

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Adho Mukha Svanasana  
Downward Facing Dog



Anjaneyasana  
Low Lunge



Salabhasana  
Locust



Bhujangasana  
Cobra



Dhanurasana  
Bow



Matsyasana  
Fish