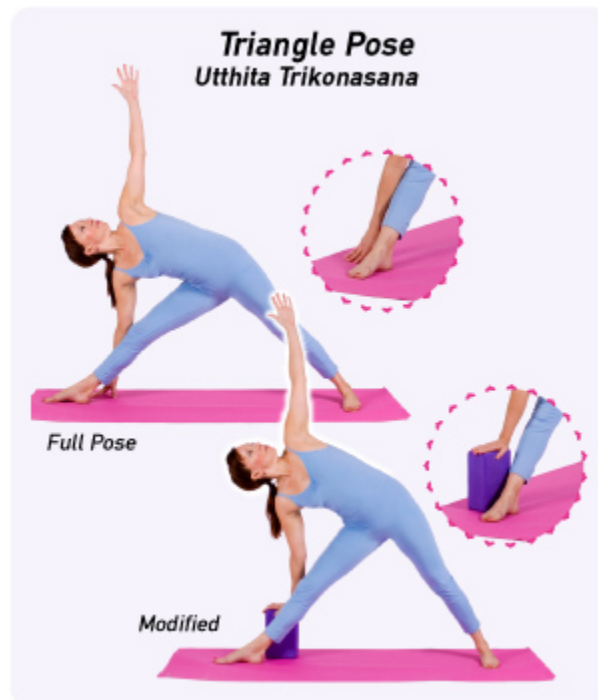


Hamstring and low back stretch – arms straight, head down – look at belly button, keep hips rotated forward – to not round back



Hamstring stretch - Keep both knees straight. Use block or chair or ball for support until you can reach floor



Hamstring and low back stretch – keep knees straight. Use block, chair or ball for support if needed. When bending forward keep back flat as long as possible until final fold to reach floor



Hip flexor stretch – keep front ankle and knee at 90° - do not lunge forward. Use pad or towel under knee if needed; work to keep knee just off floor



Hip flexor stretch – do not bend knee too much until it is comfortable. Slowly lower torso to floor to increase stretch.

Reclined Spinal Twist
Jathara Parivartanasana



Hip, IT band, low back stretches – slow steady stretches not ballistic



Hips (internal) – slowly straighten knees to 90° and gradually lower torso to floor