

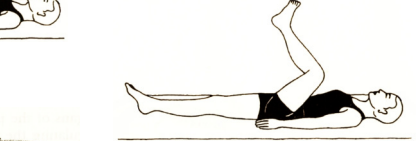
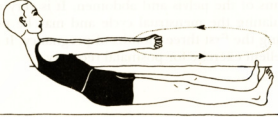
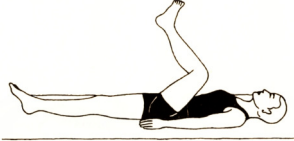
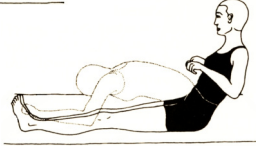
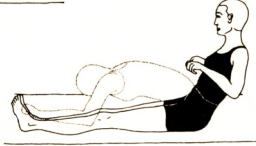
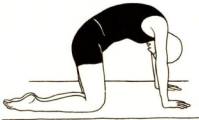


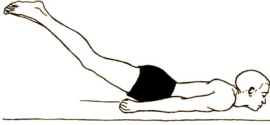



**Lesson 4 (day 7, strengthening the back and relief from discomfort in the back).**

All this Asanas are to be found in the book "Asana Pranayama Mudra Bandha" from Bihar School of Yoga, India. The numbers of the pages may perhaps not correspondent with the present edition of the book.

After each asana except between marjari-asana and vajrasana lie in shavasana, relax and bring awareness to the effect of the exercise.

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