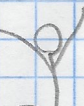
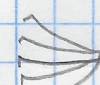
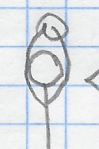
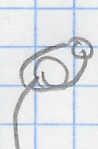


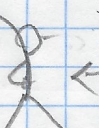
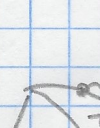
Lateral Bends Details

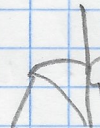
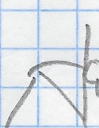
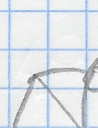
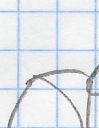
1.  Awareness of breath spine

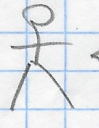
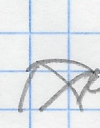
2.  $\leftarrow \text{IN}$
 $\text{EX} \rightarrow$  $\text{IN} \rightarrow$
 $\leftarrow \text{EX}$  Apanasana / Vajrasana
 prepare low back / belly

3.  $\leftarrow \text{IN}$
 $\text{EX} \rightarrow$  feet together 3x
 3" apart 3x Bhujangasana Ad
 6" apart 3x to prepare low
 12" apart 3x back

4.  $\leftarrow \text{IN}$
 $\text{EX} \rightarrow$  Stay 1BR, 2BR, 3BR tadasana Lateral Ad

5.  $\leftarrow \text{IN}$
 $\text{EX} \rightarrow$  Stay 1BR, 2BR, 3BR Parsvottasana

6.  $\leftarrow \text{IN}$
 $\text{EX} \rightarrow$  3x  $\text{IN} \rightarrow$
 $\leftarrow \text{EX}$  3x  Stay
 3BR0 trikonasana

7.  $\leftarrow \text{IN}$
 $\text{EX} \rightarrow$  Prasarita Padottanasana

8.  Sit

Ex - contract belly & the obliques
 as you go into the pose

IN - to come out of the pose or to
 stay and lengthen the side you
 are stretching