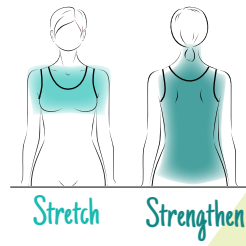


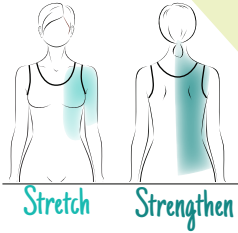
Ardha Uttanasana Adaptations



Gently strengthens the upper and lower back without stressing the shoulders



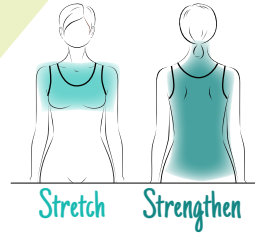
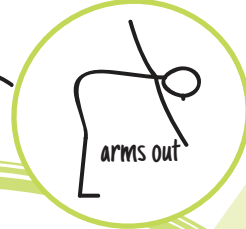
Strengthens the upper and lower back without stressing the shoulders



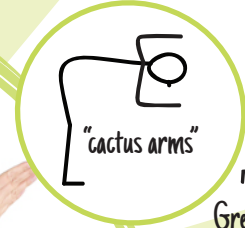
Gently strengthens one side of the back at a time (useful when working with asymmetries)



Stronger then



Excellent for dealing with upper back tension and stretching the chest



Great in combination

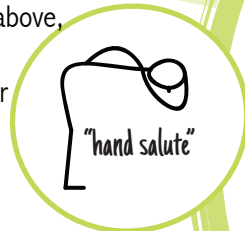


Can be hard for the neck, shoulders and lower back



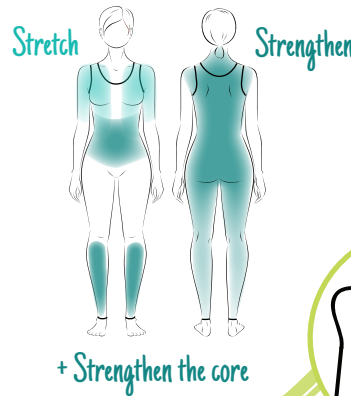
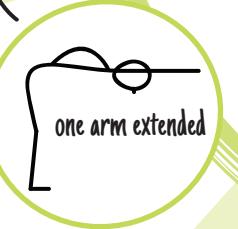
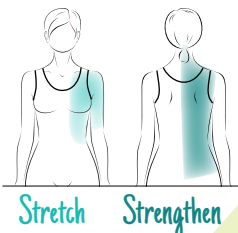
Same as above, but more intense for the lower and upper back

Same as above, but more intense for the lower back

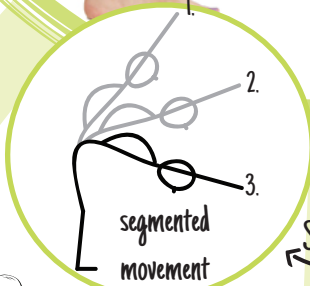


Stronger then

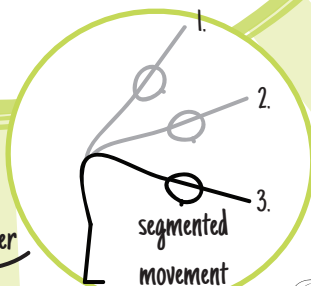
Same as above and even more intense for the lower and upper back



Excellent for stretching the chest and back, as well as lengthening the spine



Stronger then



Great for stretching the lower back and strengthening the core and upper back



Great for stretching the lower back and strengthening the core and upper back

