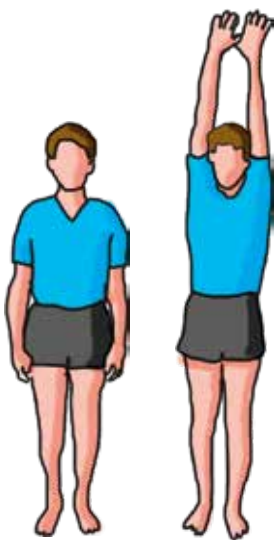


standing hatha yoga



both sides

both sides



shoulders up

shoulders forward
squeeze

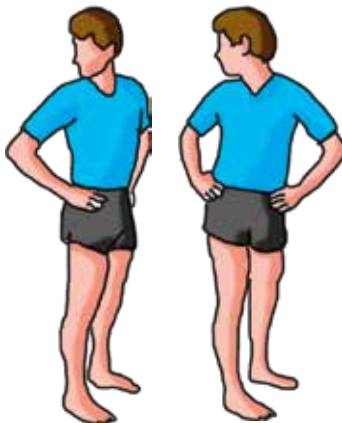
shoulders down

shoulders back
squeeze

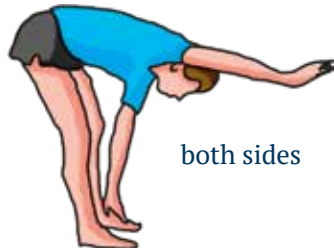
neck roll, both directions



both sides



both sides



both sides

standing hatha yoga



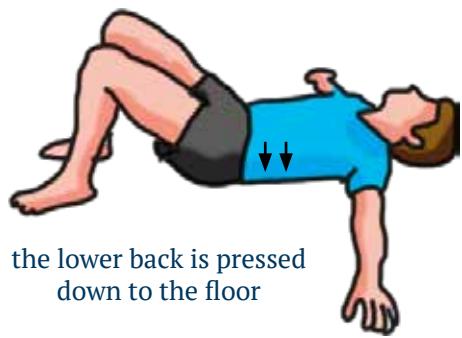
both sides



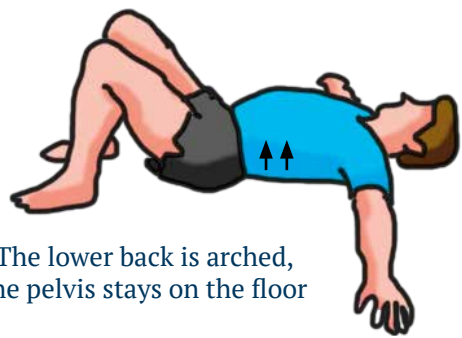
both sides



lying down hatha yoga



the lower back is pressed down to the floor



The lower back is arched, the pelvis stays on the floor



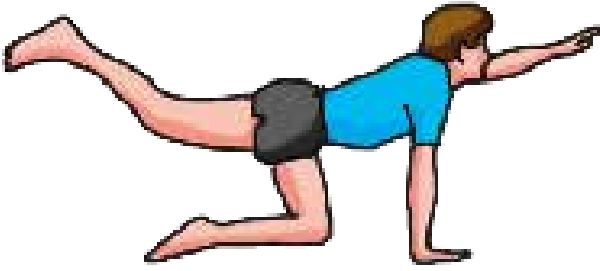
both sides



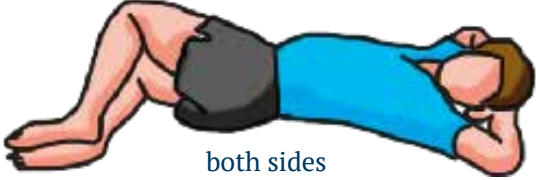
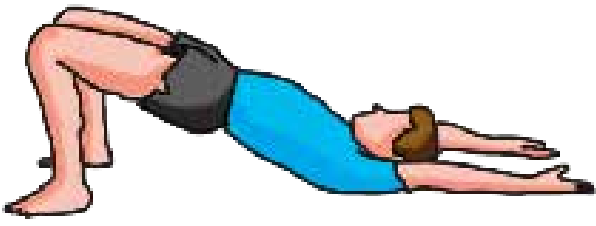
both sides



lying down hatha yoga



both sides



both sides



both sides



both sides

