

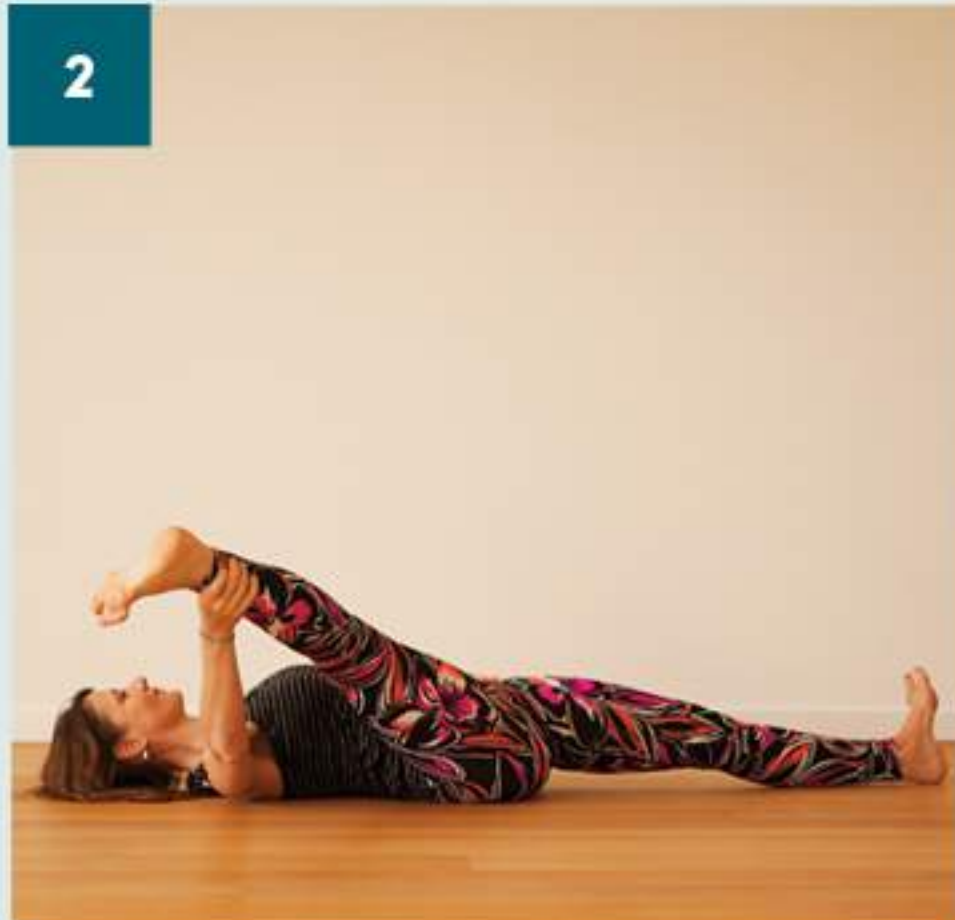
Lower back bliss yoga sequence

Do try
this at
home

1



2



3



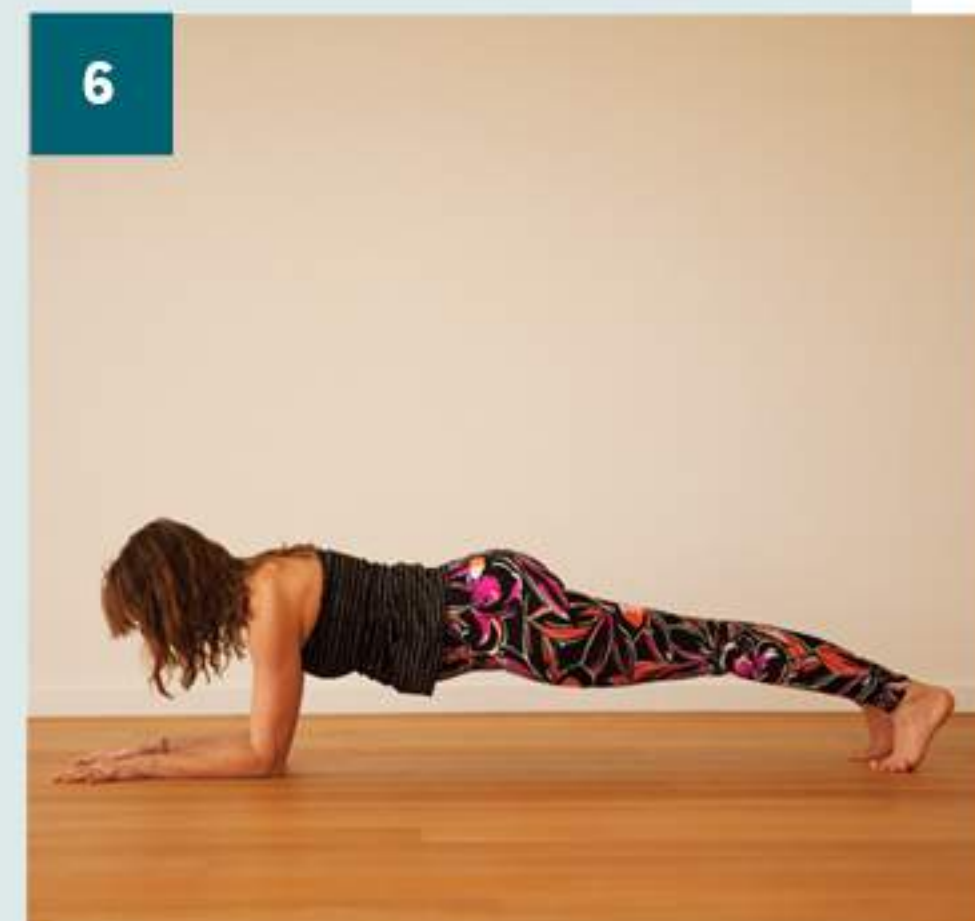
4



5



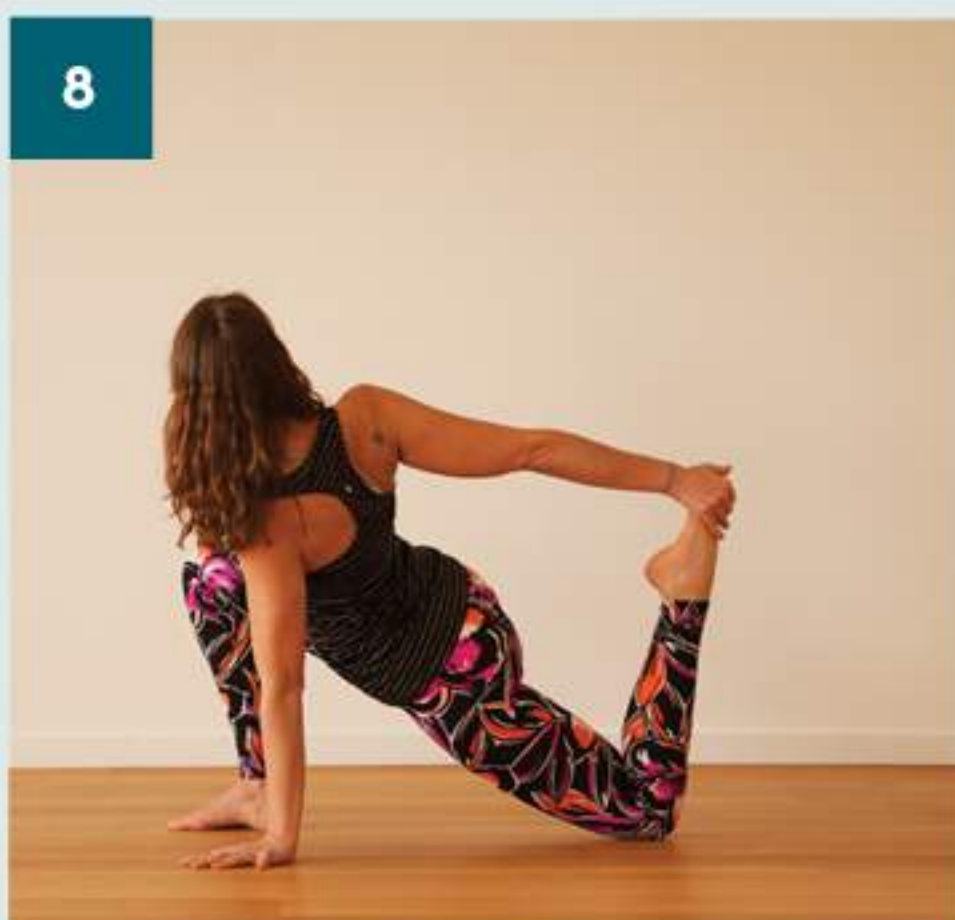
6



7



8



9

