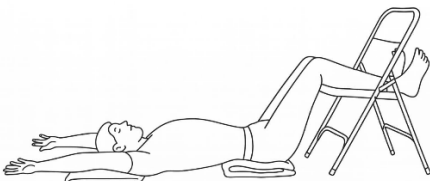


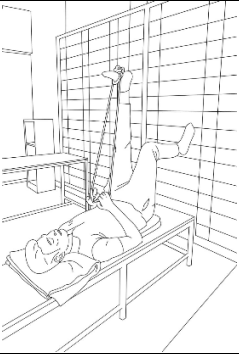
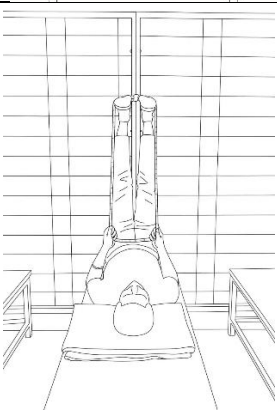
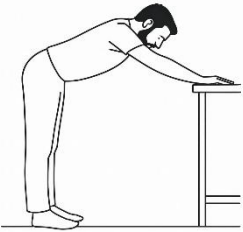
YOGA PLUS – Sunjeevan Yoga Therapy

General exercises

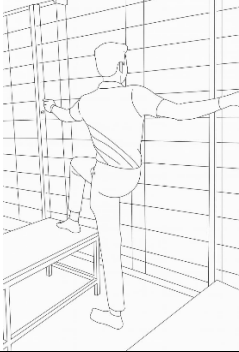
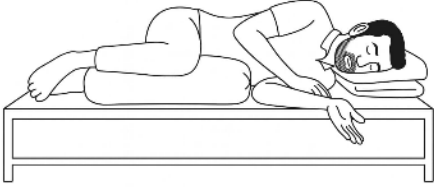
For Lower Back Pain or stiffness

	Lie down in 90-degree leg position Time Duration: 10 min
	Ek Paad Pawanmuktasana Time Duration: 100 counts each leg
	Ek Paad Gomukhasana Time Duration: 100 counts each leg

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	Padangushthasana 1 Time Duration: 100 counts each leg
	Padangushthasana 3 Time Duration: 100 counts each leg
	Vertical Leg Stretch Time Duration: 10 min
	Adhomukhshwanasana Time Duration: 200 counts X 3 sets

YOGA PLUS – Sunjeevan Yoga Therapy

	Twisting Time Duration: 200 counts X 3 sets
	Lie down on one side Time Duration: 10 min

- * If you face any problem while performing these exercises, please feel free to contact us. These are basic exercises, if you still face same symptoms, please contact us. *