

# Lower Back Stretch Yoga Sequence

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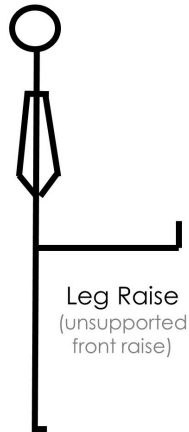
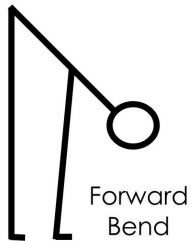
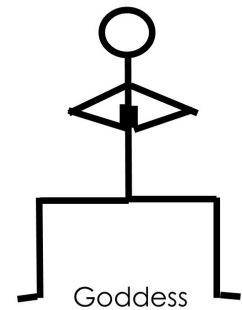
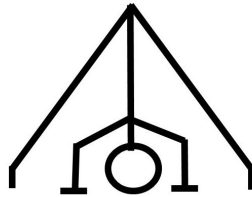


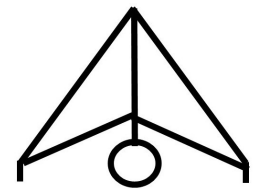
Figure 4  
Fold



Standing Wide Leg  
Forward Bend



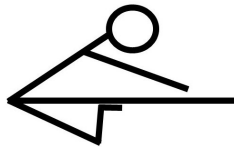
Standing Wide Leg  
Forward Bend  
(ankle hold)



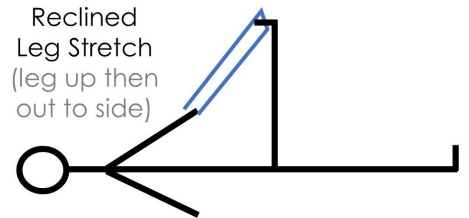
Seated Forward  
Bend  
(legs crossed)



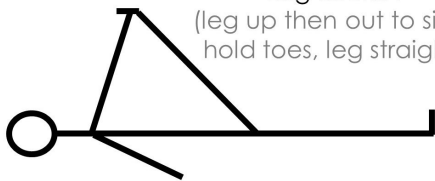
Head to Knee Forward Bend



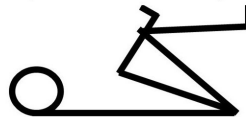
Reclined  
Leg Stretch  
(leg up then  
out to side)



Reclined  
Leg Stretch  
(leg up then out to side,  
hold toes, leg straight)



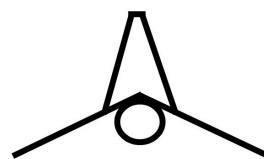
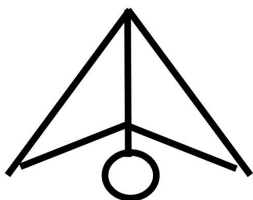
Reclined Leg Stretch  
(one leg on opposite knee,  
pull knees to chest)



Happy  
Baby



Seated Wide Leg  
Forward Bend



Seated Wide Leg  
Forward Bend  
(bound hands up behind)

Seated Wide Leg  
Forward Bend & Reach

