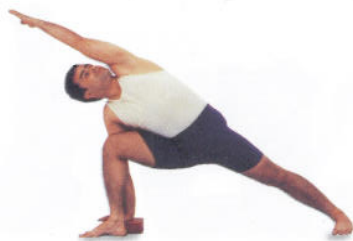


4 Utthita Trikonasana
page 192



5 Utthita Parsvakonasana
page 194



6 Ardha Chandrasana
page 196



11 Ustrasana
page 240



12 Utthita Marichyasana
page 226



13 Bharadvajasana
page 223



14 Bharadvajasana
page 224

Lower backache

The common causes of this condition are either stiffness in the ligaments or muscles of the lower back, or weak abdominal muscles. Poor posture and lack of exercise usually lead to tight and swollen back muscles, resulting in pain in this area.



1 Tadasana Samasthithi
page 186



2 Tadasana Urdhva
Hastasana page 187



3 Tadasana Urdhva
Baddhanguliasana page 188



7 Prasarita Padottanasana
page 200



8 Adhomukha Svanasana
page 204



9 Uttanasana
page 197



10 Viparita Dandasana
page 239

*शुद्ध कृष्ण
शुद्ध पृष्ठ 12*



15 Marichyasana
page 225



16 Parsva Virasana
page 228



17 Supta Padangusthasana
page 242



18 Supta Padangusthasana
page 243



19 Upavista Konasana
page 213



20 Baddhakonasana
page 208



21 Adhomukha Virasana
page 221



22 Urdhvamukha Janu
Sirsasana page 207



26 Halasana
page 232



27 Salamba Sarvangasana
page 230



28 Setubandha Sarvangasana
page 237



23 Adhomukha Paschimottasana
page 217



24 Janu Sirsasana
page 218



25 Paschimottasana
page 216



29 Setubandha Sarvangasana
page 237



30 Viparita Karani
page 234



31 Savasana
page 256