

**Gentle Practice for Hips and Low Back**  
**Kathy Ornish 2011**

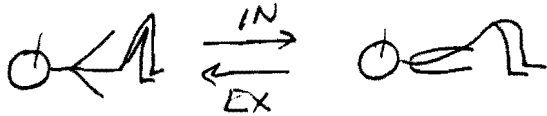
1. Seated Breathing – deepen inhale and slow exhale. Engage belly slowly in during exhale.



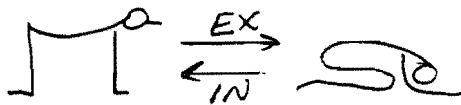
2 a) Eka Pada Apanasana – Repeat 6X each side b) Apanasana - Repeat 6X



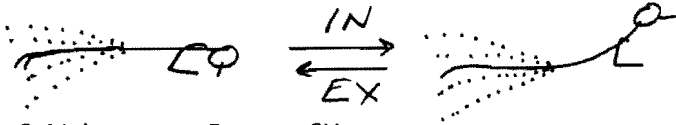
3. Dvi Pada Pitham – do 3 repetitions each position– feet close together, hip width, and wider than hip width.



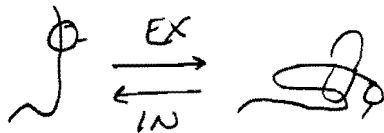
4. Chakravakasana – Repeat 6X



5. Bhujangasana – Repeat 3X with legs in each position – close together, 6", then 12" apart



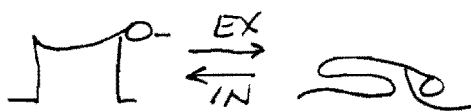
6. Vajrasana - Repeat 6X



7. Lunge – Keep pelvis slightly tilted back while lunging. Repeat 3X then stay 2 breaths with arm up.



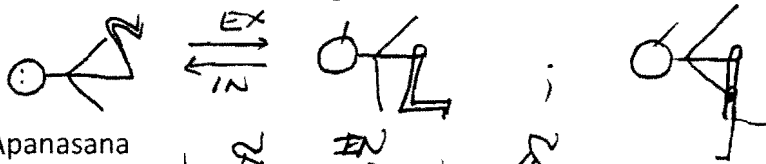
8. Chakravakasana – Repeat 6X



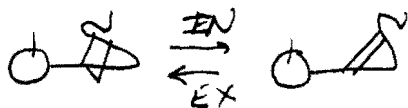
9. Supta Padanghusthasana – Repeat 3X, then stay 2 breath, then stay 2 breaths again.



10. Jathara Parivrtti – Move legs side to side 3X each, then stay for 3 breaths with top leg outstretched.



11. Apanasana



12. Rest

