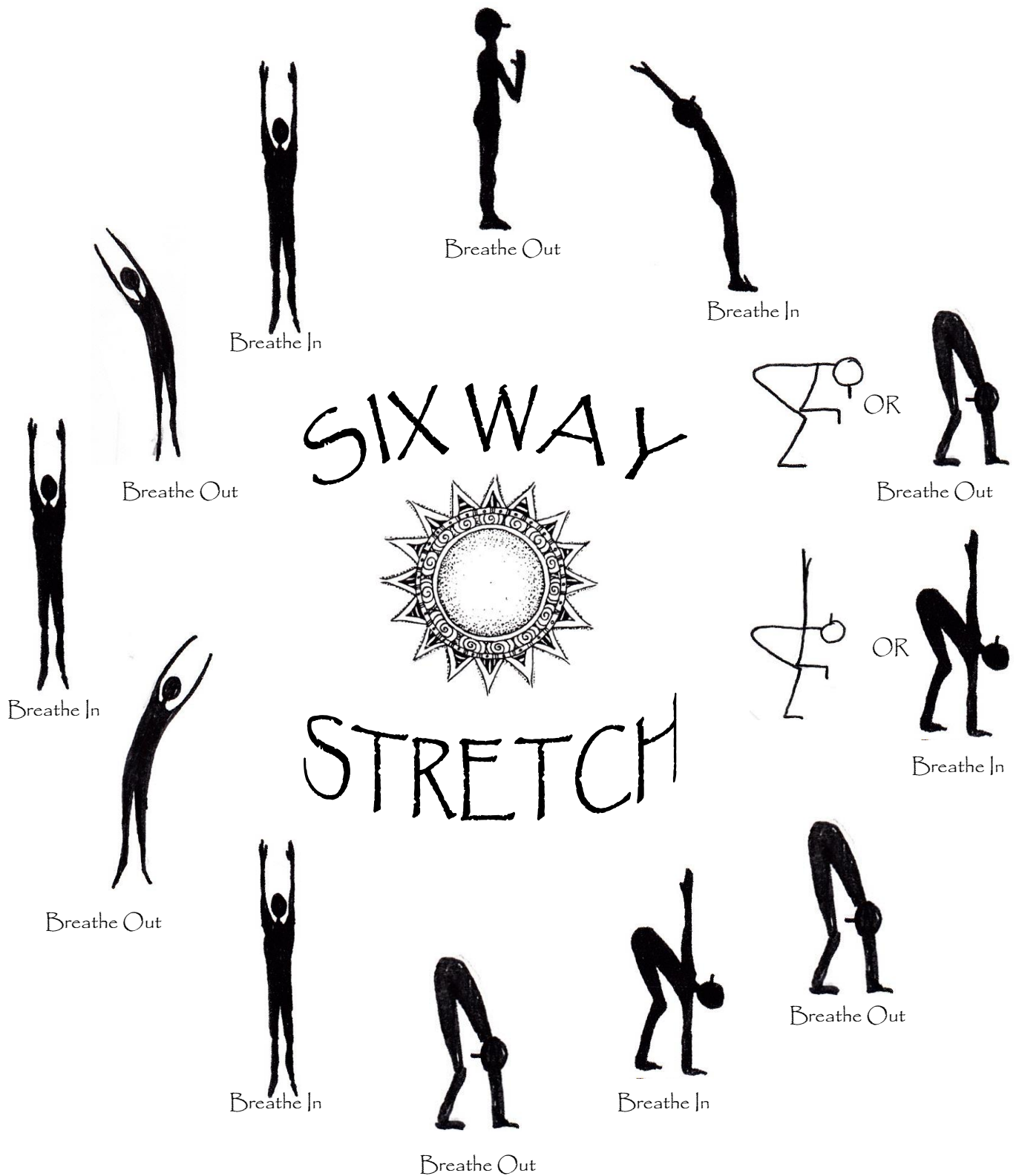




- ॐ Provides a full range of movement to the spine.
- ॐ Can be done slowly and meditatively.
- ॐ Or as a fast and dynamic sequence.
- ॐ Variation : Try the whole sequence on one breath.