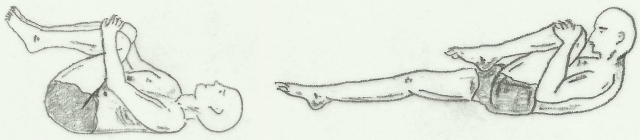
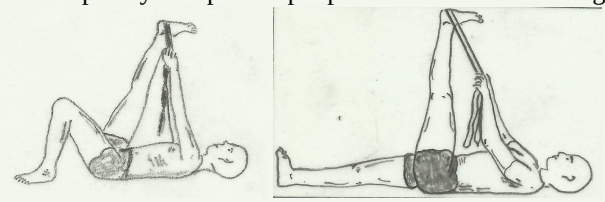
DOLOR DE ESPALDA

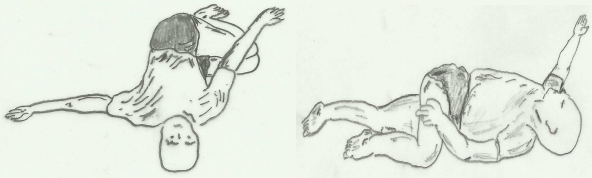
por www.yogaescuela.es



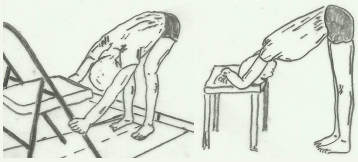
1. Dwi pada y Eka pada supta pavana muktasana. 30seg c/l.



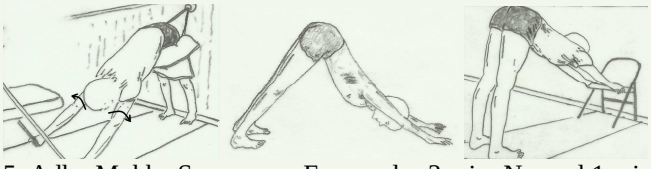
2. Eka pada supta padangusthasana. 30seg c/l.



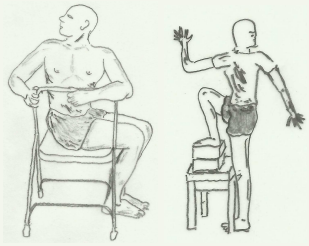
3. Jathara Parivartanasana. 30seg c/l.



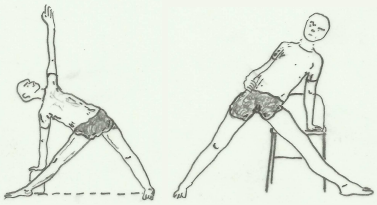
4. Uttanasana. 1 minuto.



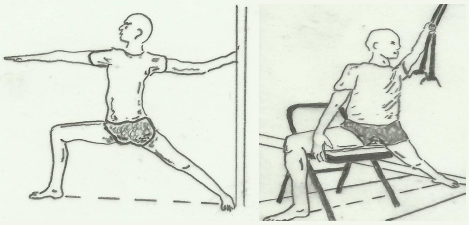
5. Adho Mukha Svanasana. En cuerdas 3 min; Normal 1 min.



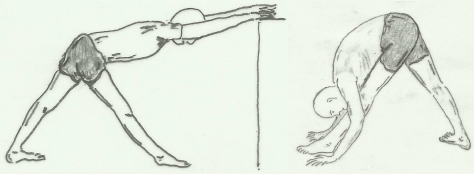
6. Bharadvajasana y Utthita Maricyasana III. 30seg c/l.



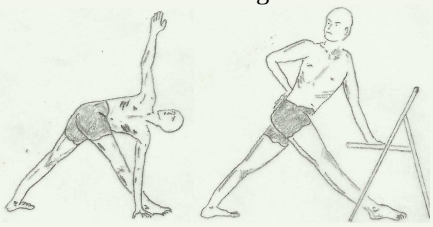
7. Utthita Trikonasana. 30seg c/l.



8. Virabhadrasana II. 30seg c/l.

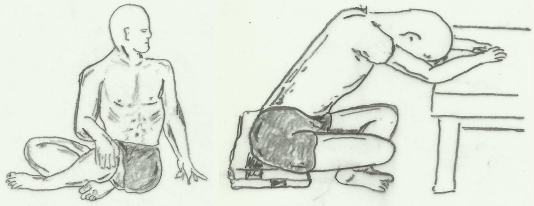


9. Parsvottanasana. 30seg c/l.

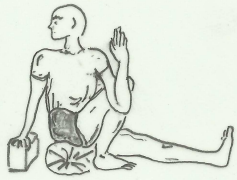


10. Parvrtta Trikonasana. 30seg c/l.

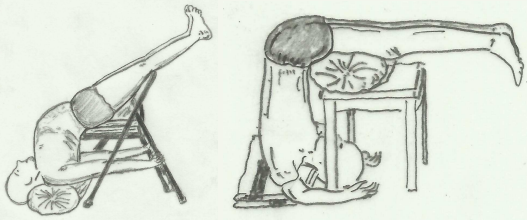
11. Adho Mukha Virasana. 1 minuto.



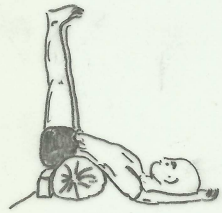
12.Parivrtta Sukhasana y Adho Mukha Sukhasana. 30seg c/l.



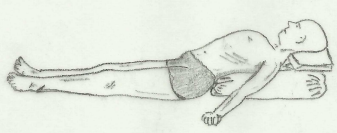
13. Maricyasana III. 30seg c/l.



14. Salamba Sarvangasana 3 minutos; Ardha Halasana 2 minutos.



15. Viparita Karani. 3 minutos.



16. Savasana. 5 minutos.

Esta secuencia puede ser beneficiosa para dolores de espalda en general producto de tensiones, sobrecargas y contracturas musculares. En caso de que usted tenga alguna lesión importante, consulte con su médico y con un profesor de Yoga especializado.

Advertencia: Recuerde que esta secuencia no pretende sustituir ningún tratamiento médico y que lo ideal es que sea ajustada por su profesor según sea su edad, trabajo, forma física y actitud mental.