

# Yoga to Relieve Back Pain

Chair Savasana



With Blanket Under Pelvis



Tadasana, Lifting arms to lift the Ribs + lengthen Spine + Legs.

Archa Uttarasana (Half standing forward Bend)



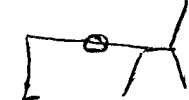
Grow Ribs forward make space in the belly. Legs and/or the lengthening of the trunk.

Half Dog w/ chair



Centers of Pelvis on chair Back. Lengthen through the sides, back to the fold of the hips.

Half-Dog



with hands on chair seat.



Do Both Sides

seated Chair twist (Bharadvajasana)

Downward Facing Dog

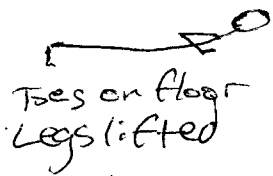


child's Pose

or



Locust Variations - Grow Ribs forward + UP



Feet on floor Legs lifted



Hands on floor (then fingertips) Toes on floor Legs lifted

Low Half-Moon

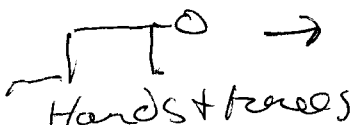


Lifted legs Bent. Do Both sides



Downward Dog

child's Pose



Standing Chair Twist Both sides



Lower Variation



Chair Savasana