

4/17/2021

yogaescapade.com Instagram: @yoga-escapade

Props: 2 blocks  
Bolster  
Wall

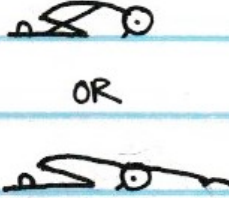
# YOGA for BACK PAIN

① MAKRASANA  
Crocodile Pose



Breathe into lower back 12bs

② BALASANA Child's Pose



OR

③ Cat-Cow  
INHALE EXHALE



Open chest  
look up

Gaze at navel

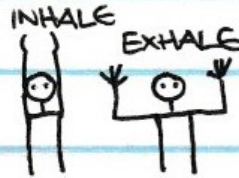
④ ANJANEYASANA Low Lunge



Square hips  
Squeeze glutes  
Feel stretch in hip flexors



Lateral stretch  
- Inhale reach up  
- Exhale bend

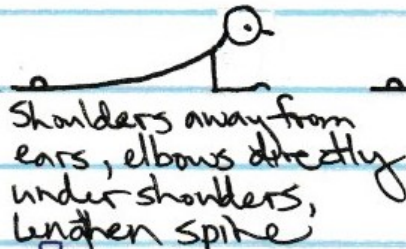


= 'Cactus' arms  
3x  
Squeeze shoulder blades together



Switch sides

⑤ SALAMBA BHUJANGASANA Sphinx Pose



Shoulders away from ears, elbows directly under shoulders, lengthen spine

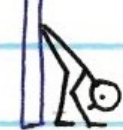


Rest forehead on block  
1-2 min



Return to Balasana as counterpose

⑥ UTTANASANA Forward Fold



Hips against wall  
knees bent for thighs to support torso

⑦ TADASANA Mountain Pose  
- Evenly distribute weight over feet  
- knees over feet, hips over knees, shoulders over hips  
- slide shoulder blades down back, extend through pinkie fingers

⑧ SETU BANDHA SARVANGASANA Bridge Pose 5bs



- support sacrum w/ block

⑨ RECLINED TWISTS

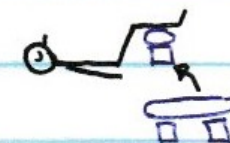


windshield wiper legs



ankle over knee twist

⑩ SAVASANA Supported Variations  
5-10 min



= 'storage'