

YOGA ROUTINE

for BACK PAIN

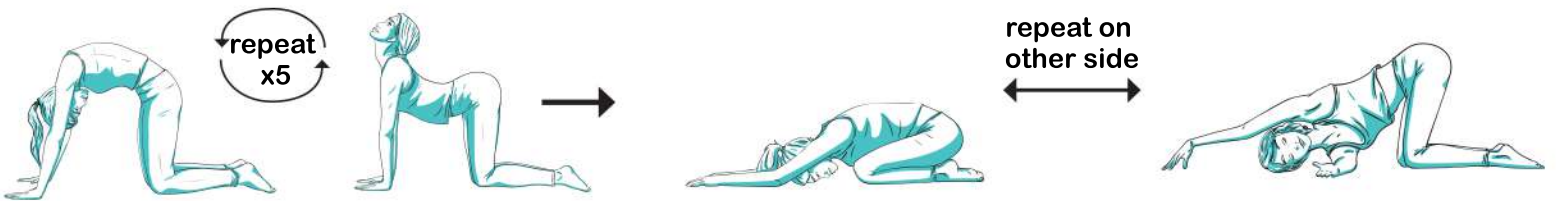
yogarove.com

Hold each pose for 5-8 breaths.

1 Cat-Cow

2 Child's Pose

3 Thread the Needle



4 Downward Dog

5 Pigeon

6 Knees to Chest



8 Wind Relieving Pose

9 Reclined Twist

10 Bridge

11 Savasana

