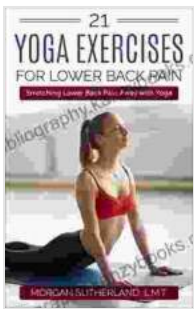


# 21 Yoga Exercises For Lower Back Pain: Banish Backaches with These Powerful Poses

Lower back pain is a common ailment that affects many people, regardless of age or fitness level. It can be caused by various factors, including muscle strain, injury, arthritis, and even stress. While some instances of lower back pain may resolve on their own, others can persist and significantly impact daily life.



## 21 Yoga Exercises for Lower Back Pain: Stretching Lower Back Pain Away with Yoga by Morgan Sutherland

★★★★☆ 4.4 out of 5

Language : English  
File size : 2589 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 52 pages  
Lending : Enabled



Fortunately, yoga has emerged as an effective and holistic approach to alleviating lower back pain. With its focus on flexibility, strength, and posture, yoga offers a safe and natural way to manage this condition. In this comprehensive guide, we present 21 yoga exercises specifically designed to target lower back pain and provide transformative relief.

## Benefits of Yoga for Lower Back Pain

Yoga offers several benefits that make it an ideal choice for managing lower back pain:

\* **Improved Flexibility:** Yoga poses stretch and lengthen muscles, increasing range of motion and reducing stiffness in the lower back. \* **Enhanced Strength:** By holding poses and engaging core muscles, yoga helps strengthen the muscles that support the spine, promoting stability and reducing pain. \* **Improved Posture:** Yoga emphasizes proper alignment and posture, which can help correct imbalances and relieve pressure on the lower back. \* **Stress Reduction:** Yoga incorporates breathing techniques and meditation, which help reduce stress and tension, often contributing to lower back pain.

## **21 Yoga Exercises for Lower Back Pain**

The following 21 yoga exercises are carefully selected to target different areas of the lower back and provide comprehensive relief. Each pose is illustrated with detailed instructions and an alt attribute for accessibility.

### **Cat-Cow Pose**



\* Start on your hands and knees with wrists aligned below shoulders and knees aligned below hips. \* Inhale, arching your back and lifting your head and tailbone. \* Exhale, rounding your back and tucking your chin to your chest. \* Repeat 5-10 times.

### Child's Pose

# Yoga Poses to Relieve Back Pain



\* Kneel on the floor with your knees hip-width apart and toes pointed. \* Sit back on your heels and fold forward, placing your forehead on the floor. \* Relax your arms by your sides. \* Hold for 1-2 minutes.

## Downward-Facing Dog



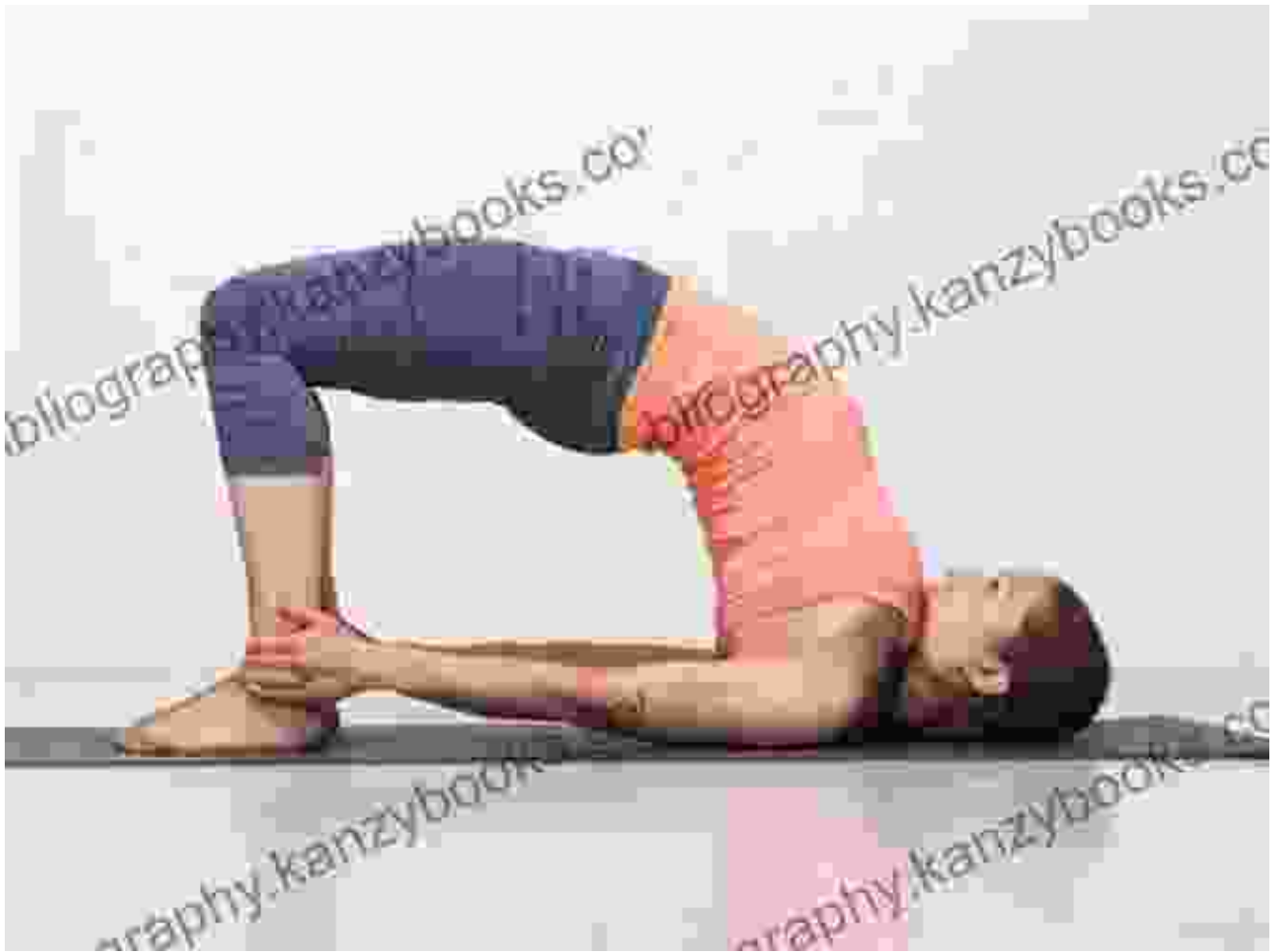
\* Start on your hands and knees with wrists aligned below shoulders and knees aligned below hips. \* Spread your fingers wide and tuck your toes under. \* Lift your hips up and back, forming an inverted V-shape with your body. \* Hold for 5-10 breaths.

## Cobra Pose



\* Lie on your belly with your legs together and your forehead on the floor. \* Place your hands palms down under your shoulders. \* Press your palms into the floor and lift your chest and head, keeping your hips and thighs on the ground. \* Hold for 5-10 breaths.

**Bridge Pose**



\* Lie on your back with your knees bent and feet flat on the floor. \* Press your palms into the floor by your sides. \* Lift your hips up towards the ceiling, keeping your shoulders and head on the ground. \* Hold for 5-10 breaths.

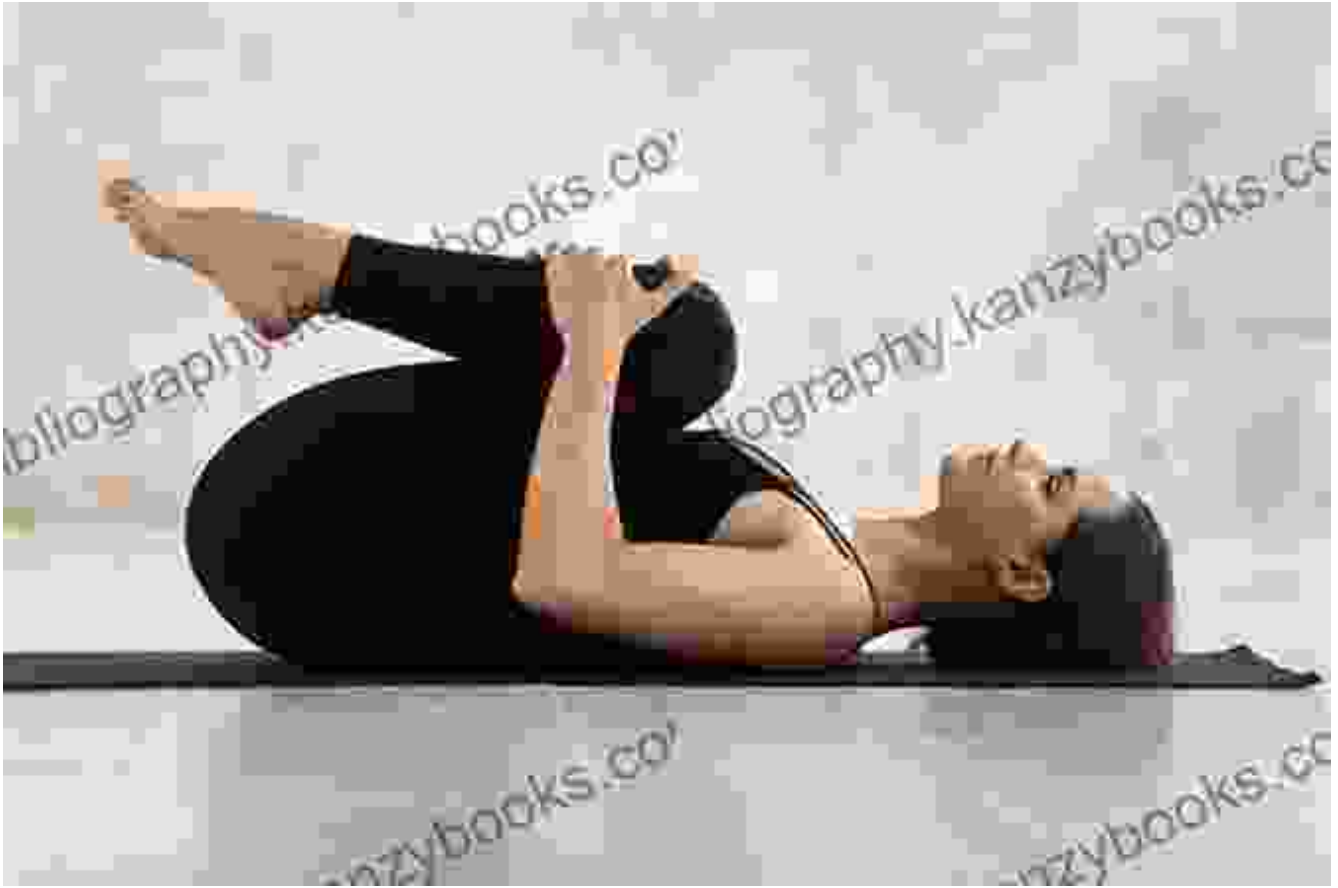
## **Spinal Twist**



\* Sit on the floor with your legs crossed and your spine straight. \* Place your left hand on your right knee and your right hand behind your buttocks. \* Inhale, lengthen your spine, and exhale, twist your torso to the right. \* Hold for 5-10 breaths, then repeat on the other side.

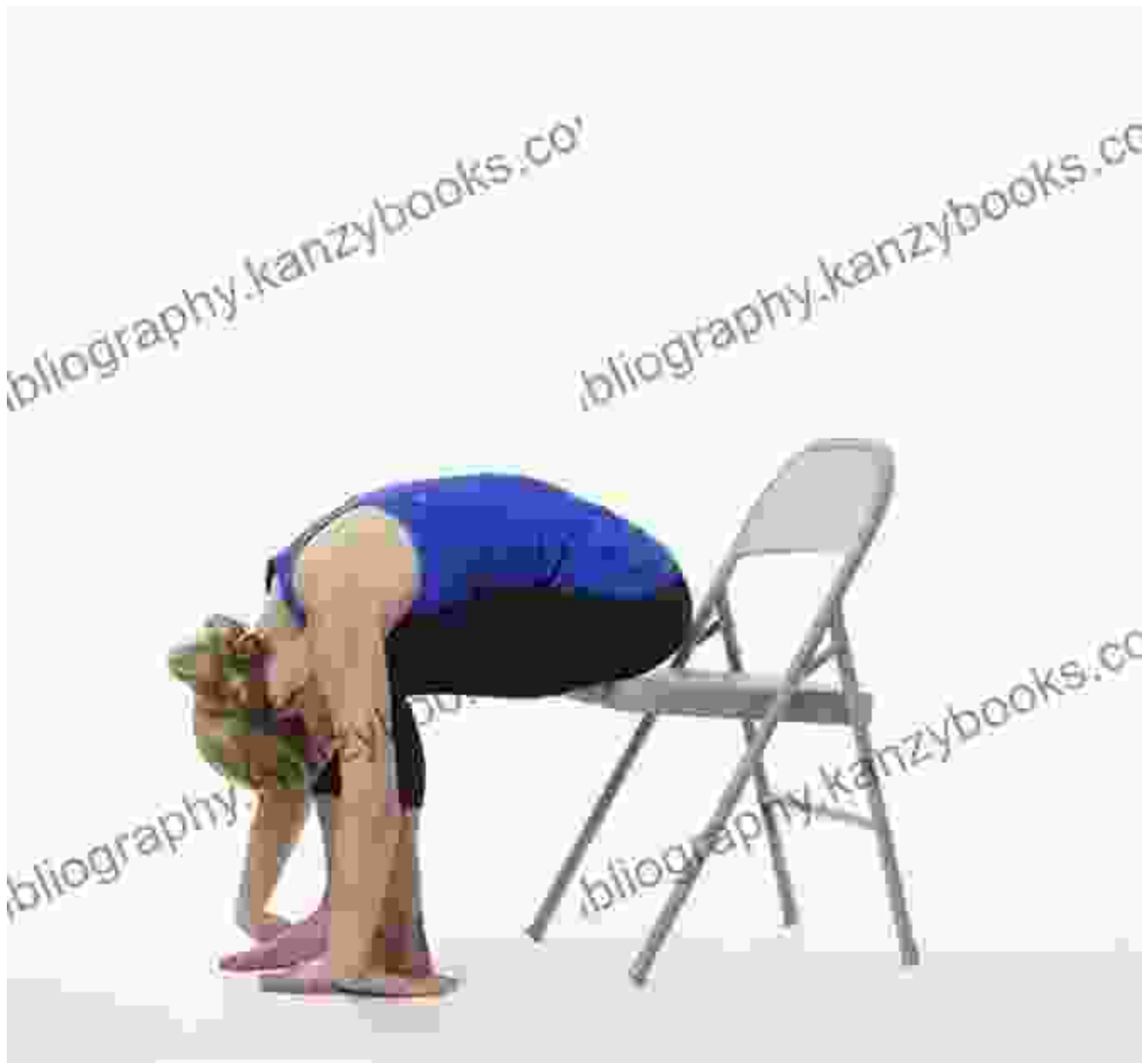
### **Knees-to-Chest Pose**





\* Lie on your back with your knees bent and your feet flat on the floor. \*  
Wrap your arms around your knees and pull them towards your chest. \*  
Gently rock back and forth or side to side. \* Hold for 1-2 minutes.

### **Seated Forward Fold**



\* Sit on the floor with your legs extended in front of you. \* Hinge at your hips and fold forward, reaching your hands towards your feet. \* Relax your head and neck. \* Hold for 1-2 minutes.

## **Pigeon Pose**



\* Start in downward-facing dog. \* Bring your right knee forward and place it just behind your right wrist, with your right foot pointing towards the back of your mat. \* Keep your left leg straight and reach your left heel towards the ceiling. \* Hold for 1-2 minutes, then repeat on the other side.

## **Supine Twist**



\* Lie on your back with your knees bent and your feet flat on the floor. \* Spread your arms out to the sides at shoulder height. \* Lower your knees to the right, keeping your shoulders planted on the ground. \* Hold for 5-10 breaths, then repeat on the other side.

### Wind-Relieving Pose



\* Lie on your back with your knees bent and your feet flat on the floor. \*  
 Wrap your arms around your knees and pull them towards your chest. \*  
 Gently rock back and forth or side to side. \* Hold for 1-2 minutes.

### Happy Baby Pose



\* Lie on your back with your knees bent and your feet flat on the floor. \* Bring your knees towards your armpits and grab the outsides of your feet with your hands. \* Open your legs wide and rock back and forth or side to side. \* Hold for 1-2 minutes.

### **Standing Forward Fold**

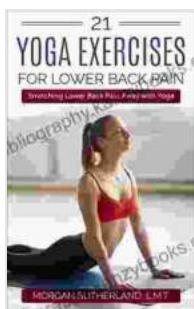


\* Stand with your feet hip-width apart. \* Hinge at your hips and fold forward, reaching your hands towards the floor. \* Relax your head and neck. \* Hold for 1-2 minutes.

## Runner's Lunge



\* Start in a lunge position with your right foot forward and your left knee on the ground. \* Keep your right heel aligned below your right knee and your left



## 21 Yoga Exercises for Lower Back Pain: Stretching

**Lower Back Pain Away with Yoga** by Morgan Sutherland

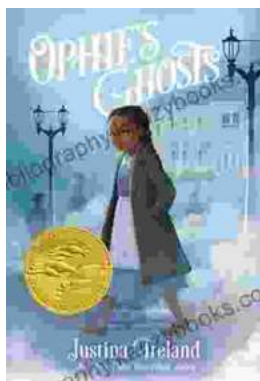
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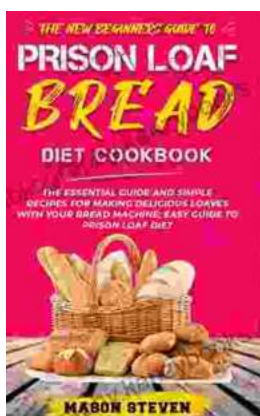
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