

Stretches for Lower Back Pain

1. Child's Pose

8 breaths.

Hips heavy.

Extend arms forward.

Release belly.

Knees wide.



2. Extend to Side

8 breaths each side.

Feel big side stretch across each side.



3. Cow/Cat Breath

INHALE Cow.

Drop your belly.

Lift your gaze.



4. Cow/Cat Breath

5 Rounds.

EXHALE Cat.

Chin to chest.

Round back.



5. Thread the Needle

5 Breaths.

Slide left arm under right.

Let upper back broaden.

Soften and relax lower back.



6. Downward Dog

8 Breaths.

Hips back.

Heart melts.

Soft knees.

Release neck.



7. Wide Legged Forward Fold

5 Breaths.

Reach forward.

Heart melts.

Soft knees.

Wide legs.



8. Twist

5 breaths each side.

Left arm reaches for right foot.



9. Rag Doll

10 Breaths.

Head gets heavy.

Soft bend in knees.

Catch elbows.



10. Extend to Side

5 breaths each side.

Walk hands right/left.

Equal weight in feet.



11. Cobra

8 Breaths.

Spread shoulders apart and down.

Hips heavy.

Soften tail bone.

Heart lifts.

Forearms and palms to floor.



12. Counter Pose.

5 Breaths.

Palms stacked on each other.

Rest forehead to palms.

