

# SIMPLE YOGA FOR BACK PAIN



## Cat

Round through back,  
press mat away with  
hands. Draw belly in.  
Tuck tailbone



## Cow

Sink belly down.  
Extend head and tail  
bone.  
Look up, expand chest.



## 1/2 Splits

Step one foot between  
hands. Draw hips back to  
lengthen front leg. Bend  
knee as needed.  
Repeat other side



## Hug Knees

Lay on back.  
Hug knees to chest.  
Tuck chin, lengthen  
spine.



## Figure 4

Bring one foot past knee  
to create '4' shape with  
legs. Reach arm through  
and hug thigh towards  
chest.



Move your spine! :)

