






YOGA SEQUENCE - LOW BACK PAIN SEATED

This sequence is excellent for anytime you have low back pain and can be done right before bed and right when you wake up.

Exercise	Description	Breaths	Notes
Seated Meditation Page 141 	Sit quietly in a comfortable position on the floor or elevate the hips with a block or blanket.	10 breaths, inhaling up the spine for 6 counts, hold for 2 counts at the top and exhaling down the spine for 6 counts.	
Cat Pose Page 142 	Come to all fours and round the back like a cat as you exhale.	1-5 breaths	
Cow Pose Page 142 	Inhale and release the back like a cow. If this places stress on the low back come to table top pose shown in the notes section.	1-5 breaths	Table Top Page 142
Seated Back Opener Page 143 	Sit tall and bend your knees grabbing the tops of your shins with your hands. Inhale and pull your chest forward.	1-5 breaths	
Seated Back Opener Page 143 	Sit tall and bend your knees grabbing the tops of your shins with your hands. Exhale and round your back.	1-5 breaths	

YOGA SEQUENCE - LOW BACK PAIN SEATED CONTINUED

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Exercise	Description	Breaths	Notes
Child Pose Page 157 	Fold forward, with feet together and knees wide, to allow a place for your belly to drop. Extend your hands over head or place them by your sides.	5-10 breaths	
Seated Hamstring and Low Back Opener Page 145 	Sit with your left leg extended, toes pointing up, and reach your left arm inside the leg, opening your chest and then reach the right arm over.	5-10 breaths	
Seated Splits Page 146 	Sit with your legs apart, as wide as you can comfortably go, with toes pointing up. Lean forward and grab your toes, or place your forearms on the floor.	5-10 breaths	
Seated Hamstring and Low Back Opener Page 145 	Sit with your right leg extended, toes pointing up, and reach your right arm inside the leg, opening your chest, and then reach the left arm over.	5-10 breaths	
Indian Squat Page 164 	Come to your feet with the feet wider than shoulder width. Place your hands in prayer, elbows inside the knees and bring your thumbs to your sternum.	5-10 breaths	Sit on a block if you cannot get the heels to the floor.