







YOGA SEQUENCE - LOW BACK PAIN STANDING

This sequence is excellent for anytime you have low back pain and cannot be seated.

Exercise	Description	Breaths	Notes
Standing Back Extension Page 169 	Stand with palms on your back, finger tips facing toward your head. Squeeze your buttocks and gently push forward.	5-10 breaths. Modify by coming to your knees with a blanket under your knees.	
Standing Wide-legged forward Bend Page 170 	Take your legs wider than shoulder width, toes slightly in, and fold forward as you lift the knee caps.	5-10 breaths	
Standing Wide-legged Forward Bend with Twist Page 171 	From the position above, place the right hand on the floor and rotate to the left.	5-10 breaths	
Standing Wide-legged Forward Bend with Twist Page 171 	From the position above, rotate right.	5-10 breaths	
Legs Elevated Up Wall Page 149 	End this sequence with your legs placed up a wall. Make sure you get your buttocks close to the wall first, then extend the legs.	1-5 minutes	