

Yoga To Ease Lower Back Aches & Stiffness



Image	Pose	Description
	Hero	<p>Sit with buttocks on heels. Feet slightly wider than hips with tops of feet flat on floor. Angle big toes slightly toward each other. Release shoulder blades away from ears.</p> <p>Benefits: Stretches quads, thighs, knees, and ankles. Helping build flexibility in knees, ankles, and thighs. Improves posture. Improves breathing.</p> <p>Video: https://www.youtube.com/embed/py0vL4mc09w?rel=0</p> <p>Modifications: A) Baby Hero: Sit on knees and shins. Place feet with soles pointing behind you with toes touching the mat. B) Sit On Heels: Bring feet close to each other. Place them one upon the other with soles pointing backwards. Placing sit bones on heels raises hip higher. This brings pressure on ankles, so do this modification carefully. C) Practice Uddiyana Bandha: Place hands on thighs. Push hands downwards on knees and raise chest and upper abdomen upwards. Take a deep inhale through your nose and exhale quickly and powerfully. Exhale all the way until the end of the breath. This stretches diagram to its most expanded position. At end of your exhale, pull belly in as if you are trying to bring navel to touch your spine. Keep belly like this while taking no further breaths. Release belly. D) Raised Arms: raise arms above shoulders with fingers interlocked and gaze up.</p> <p>Precautions : Knee or ankle injury.</p>
	Kneeling Pyramid Arms	<p>Sit with buttocks on heels. Feet slightly wider than hips with tops of feet flat on floor. Angle big toes slightly toward each other. Bring arms behind with palms touching</p> <p>Benefits: Stretches thighs, knees, ankles. Open shoulder joints, creating space between shoulder blades.</p> <p>Video: https://www.youtube.com/embed/rV_sGI8fKjE</p> <p>Modifications: Bolster or block between legs. Hero with hands interlocked behind.</p> <p>Precautions : Knee or ankle injury.</p>


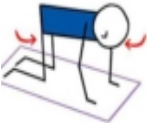

Image	Pose	Description
	Kneeling Eagle Arms	<p>Sit with buttocks on heels. Feet slightly wider than hips with tops of feet flat on floor. Angle big toes slightly toward each other. Bring arms to sides. Right arm over left arm. Elbow onto of elbow. Point left thumb towards you. Move right arm forward, then to the right, and bring palms together. Stretch arms up. Feel shoulders dropping as you lift hands up. Soften where you feel the deepest stretch. Unravel arms and repeat with left arm over right arm.</p> <p>Benefits: Stretches thighs, knees, ankles. Open shoulder joints, creating space between shoulder blades.</p> <p>Video: https://www.youtube.com/embed/rV_sGI8fKjE</p> <p>Modifications: Bolster or block between legs. Hero with hands interlocked behind.</p> <p>Precautions : Knee or ankle injury.</p>
	Cow Head To Pelvis	<p>Sit on all fours. Arms under shoulders. Breath in. On out breath turn head and pelvis left (towards each other). Feel stretch along right side. Repeat on other side.</p> <p>Benefits: Helps back and buttocks. Increases spinal flexibility.</p> <p>Video: https://www.youtube.com/embed/VRQBAmYeTho</p> <p>Modifications: Paired with Cat Pose.</p> <p>Precautions : Neck or wrist injury.</p>
	Cat Cow	<p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat.</p> <p>Benefits: Stretches lower back. Engage core. Decompress spine.</p> <p>Video: https://www.youtube.com/embed/kqnua4rHVVA</p> <p>Modifications: Knee to chest. Raise leg or arm.</p> <p>Precautions : Neck injury.</p>




Image	Pose	Description
	Cat Head To Knee	<p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Engage core. Bring forehead to right knee. Bring forehead to left knee. Modifications include: Cat pose with leg raised. Cat pose with arm raised. Cat pose with rib cage circles. Cat pose with feet to the side.</p> <p>Benefits: Stretches lower back. Engage care. Decompress spine.</p> <p>Video: https://www.youtube.com/embed/sQ7xdUBKuS0</p> <p>Modifications: Raise leg or arm.</p> <p>Precautions : Neck injury.</p>
	Prostration	<p>Sit on knees (Vajrasana). Take hold of lower calves. Bend forward. Place crown of head on floor in front of knees. Raise buttocks until thighs are vertical. Gently press chin against chest. Hold.</p> <p>Benefits: Engage core. Preparation for head and shoulderstands.</p> <p>Video: https://www.youtube.com/embed/0vZyCHBEWHo</p> <p>Modifications: Headstand.</p> <p>Precautions : Neck injury. Lightheaded. HBP. Pregnant.</p>
	Extended Child	<p>On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine.</p> <p>Benefits: Stretches arms, shoulders, spine, hips.</p> <p>Video: https://www.youtube.com/embed/eqVMAPM00DM</p> <p>Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider.</p> <p>Precautions : Knee injury.</p>


Image	Pose	Description
	<p>Sphinx Low</p>	<p>Lie on belly. Legs together. Buttocks firm. Legs active. Elbows under shoulders. Forearms on floor. Lower ribs touching the mat. Head up.</p> <p>Alternatives: Crocodile. Locust.</p> <p>Benefits: Stretches chest, shoulders, abs. Firms buttocks.</p> <p>Video: https://www.youtube.com/embed/xPDs-zylsWI</p> <p>Modifications: A) Wall Sphinx (stand facing a wall then place forearms and palms against it). B) Plank To Sphinx (start in Plank and lower to Sphinx).</p> <p>Precautions : Back Injury. Headache.</p>
<p>yoga pose kind or type</p>	<p>Cobra</p>	<p>Lie face down. Feet together. Toes pointing behind. Hands flat on the floor by the rib cage. Lift chest. Gaze forward.</p> <p>Alternatives: Sphinx. Crocodile.</p> <p>Benefits: Supple spine. Strengthen palms, wrists, toes.</p> <p>Video: https://www.youtube.com/embed/zgvoIE4NAH0</p> <p>Modifications: A) Cobra with a folded blanket under hips. B) Cobra with one leg raised. C) Cobra with two legs raised. D) Cobra with one arm raised in front. E) Cobra with two arms raised in front. F) Cobra with one arm raised to the side. G) Cobra with two arms raised to the side. H) Cobra on elbows. I) Cobra with both hands behind the head. J) Revolved cobra. K) Striking cobra (extended child to cobra). L) Chair cobra (seated backbend). M) Baby cobra (don't lift chest all the way up).</p> <p>Precautions : Pregnancy. CTS. Back injury.</p>




Image	Pose	Description
	Camel Hands On Hips	<p>Kneel. Rest hands on back of pelvis. Point fingers down. Lean back and feel the chest opening. Gaze up.</p> <p>Alternatives: Camel pose.</p> <p>Benefits: Stretches ankles, thighs, groin, abs, chest, throat, psoas.</p> <p>Video: https://www.youtube.com/embed/-xfwRTobUM?rel=0</p> <p>Modifications: Palms against soles.</p> <p>Precautions : High or low blood pressure. Back or neck injury.</p>
	Baby Camel	<p>Kneel. Raise buttocks. Raise arms sideways to shoulder level. Lower right hand to left heel (slight twist) and left hand in front (gaze at raised hand). Chin near sternum. Repeat on the other side.</p> <p>Alternatives: Camel.</p> <p>Benefits: Stretches ankles, thighs, groin, abdominals, chest, throat, and psoas.</p> <p>Video: https://www.youtube.com/embed/zEQXV3dDmQ8?rel=0</p> <p>Modifications: Palms against soles.</p> <p>Precautions : High or low blood pressure. Back or neck injury.</p>
	Camel Wide Legs	<p>Kneel with legs out wide. Rest hands on back of pelvis. Point fingers down. Lean back. Chin near sternum. Press palms against heels. Elbow creases face forward. To exit bring one hand at a time to hips. Lift head and torso by pushing hip points down.</p> <p>Alternatives: Half camel.</p> <p>Benefits: Stretches ankles, thighs, groin, abs, chest, throat, psoas.</p> <p>Video: https://www.youtube.com/embed/-xfwRTobUM?rel=0</p> <p>Modifications: Palms against soles.</p> <p>Precautions : High or low blood pressure. Back or neck injury.</p>




Image	Pose	Description
	End Of Sequence	
	Shoulder Shrugs Standing	<p>Stand or sit. Keep arms and jaw relaxed. Inhale and flood upper back with breath as if unlocking a dam and its waters have surged forth. Hold breath and raise shoulders straight up toward your ears and send shoulders straight back behind you in a circular motion. Keep back straight and chest upright (don't push chest forward). Exhale and contract upper shoulder blades together and slowly drag them down. Feel shoulder blades becoming loose.</p> <p>Alternatives: Samashthiti (standing with feet together).</p> <p>Benefits: Improves posture.</p> <p>Video: https://www.youtube.com/embed/7CvyjOwVxnl</p> <p>Modifications: Eyes closed.</p>
	Mountain Namaste	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Bring palms together over heart chakra in namaste mudra.</p> <p>Alternatives: Samashthiti (feet together). Arms out to sides.</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/hvBfA5TKjYQ</p> <p>Modifications: Choose any hand mudra.</p> <p>Precautions : Pregnant.</p>




Image	Pose	Description
	<p>Tree (arms & left leg up)</p>	<p>Start in Mountain. Weight on right foot. Bend left knee. Clasp left ankle. Press left foot sole against inner thigh. Resist with right leg. Raise arms overhead and bring hands together (Anjali Mudra). Gaze at a fixed point.</p> <p>Benefits: Strengthens thighs, calves, ankles, spine, arms. Stretches chest, shoulders.</p> <p>Video: https://www.youtube.com/embed/wdln9qWYloU?rel=0</p> <p>Modifications: Back against wall. Close eyes.</p> <p>Precautions : LBP. HBP.</p>
	<p>Roll ups</p>	<p>Stand tall. Feet hip distance. Chin to chest. Head & arms hang loose. Starting at top of spine roll slowly through spine (bend knees if necessary) until hands touch mat. Roll back to standing.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Benefits: Stretch back, hams. Improves posture.</p> <p>Video: https://www.youtube.com/embed/aw2HM3QZlaQ</p> <p>Modifications: Bent knees.</p> <p>Precautions : Back, knee, hamstring injuries.</p>
	<p>Standing Crescent</p>	<p>Stand in Mountain. Step feet together with big toes touching. Heels half an inch apart. Sweep arms above head. Press hands together in prayer. Inhale. Exhale while bending to the left. Keep feet rooted and Inner core engaged as you breathe into right side body. Repeat on opposite side.</p> <p>Alternatives: Standing Side Stretch.</p> <p>Benefits: Stretches sides of torso and spine. Stimulates abs.</p> <p>Video: https://www.youtube.com/embed/FWsL4uTuzR0</p> <p>Modifications: Spin chest toward ceiling and look up.</p> <p>Precautions : Hip, shoulder, or neck injuries.</p>


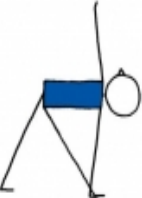

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	Warrior I	<p>Start in Mountain. Wide stance. Press into outside edge of back foot. Bend forward knee (stop above ankle). Body weight centred. Arms overhead. Inhale to bend into the front knee, lean the torso forwards, float arms overhead. Exhale to straighten front knee and torso, lower arms Switch sides</p> <p>Alternatives: Warrior II, III</p> <p>Benefits: Stretches chest, shoulders, abs. Strengthens arms.</p> <p>Video: https://www.youtube.com/embed/4hqmLOpkHrw?rel=0</p> <p>Modifications: Back heel on folded blanket.</p> <p>Precautions : HBP. Shoulder injury.</p>
	Extended Triangle	<p>From Warrior II straighten front leg (right leg). Reach right arm forward. Drop right hand onto shin or ankle. Left shoulder stacks on top of right. Reach left fingertips upwards. Gaze at fingertips. Slightly bend right knee. Repeat on left.</p> <p>Benefits: Strengthen legs. Stretches groins, hams, hips. Chest opener.</p> <p>Video: https://www.youtube.com/embed/6xKznn99qd4?rel=0</p> <p>Modifications: Use a block.</p>
	Upward Salute	<p>Feet hip width apart. Tuck chin in. Legs slightly bent . Shoulders back and down. Raise arms overhead.</p> <p>Alternatives: Samashtithi (feet together).</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Precautions : Pregnant.</p>




Image	Pose	Description
	Halfway Lift II	<p>Stand in Mountain. Bring palms to tops of thighs with fingers pointing down. Push hands into thighs. Lengthen from tailbone through crown of head. Upper body parallel to floor.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Benefits: Stretches hamstrings, calves, hips.</p> <p>Video: https://www.youtube.com/embed/ihj4dVBXMPg</p> <p>Modifications: A) Bend knees if back is stiff. B) Hands on mat. C) Half bound lotus forward bend. D) Hands behind to become super man/women. E) Gorilla (hands under soles of feet).</p> <p>Precautions : Back injury.</p>
	Chair	<p>Start in Mountain. Raise arms perpendicular to the floor. Keep arms parallel, palms facing inward. Bend knees. Firm shoulder blades against the back.</p> <p>Benefits: Strengthens ankles, thighs, calves, and spine. Stretches chest.</p> <p>Video: https://www.youtube.com/embed/ySafTekJ3Ls</p> <p>Modifications: A) Block between thighs. B) Join palms overhead. C) Use a wall behind to support the hips. D) Stretch arms in front of you in alignment with your chest, instead of raising them overhead. E) Placing hands on thighs with palms facing down. F) Widen your stance.</p> <p>Precautions : Headache. Insomnia. Low blood pressure. Knee pain.</p>
	Upward Salute	<p>Feet hip width apart. Tuck chin in. Legs slightly bent . Shoulders back and down. Raise arms overhead.</p> <p>Alternatives: Samashthiti (feet together).</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Precautions : Pregnant.</p>



Image	Pose	Description
	<p>Standing Fold Knees Bent II</p>	<p>Stand in Mountain. Knees hip-width apart and very bent. Fold at waist grasping opposite elbows. Let head hang. Hold.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Benefits: Stretch back, hams. Improves posture.</p> <p>Video: https://www.youtube.com/embed/VKhodmlFhak</p> <p>Modifications: Loop fingers around big toes.</p>
	<p>Roll Downs</p>	<p>Stand tall. Feet hip distance. Chin to chest. Head & arms hang loose. Starting at top of spine roll slowly through spine (bend knees if necessary) until hands touch mat. Roll back to standing.</p> <p>Alternatives: Tabletop. Gorilla.</p> <p>Benefits: Calms the brain. Helps relieve stress. Stimulates liver and kidneys. Stretches hamstrings, calves, & hips. Strengthens thighs & knees. Improves digestion. Helps relieve symptoms of menopause. Reduces fatigue. Relieves headache & insomnia. Therapeutic for asthma, high blood pressure, infertility, osteoporosis & sinusitis.</p> <p>Video: https://www.youtube.com/embed/aw2HM3QZlaQ</p> <p>Modifications: A) Bent knees. B) Loop fingers around big toes. C) Place upper back against wall. D) Place hands on blocks that are positioned close to your feet. E) Baby standing forward bend (bend only half way down). F) Use a chair or wall for going half way down. G) Do not use leverage in the pose to go deeper into the bend. Instead let the body be loose as a goose while bending and allow the spine take its time to stretch forward. H) Place head on a chair when in the forward bend. I) Do Gorilla pose (palms under soles of feet).</p> <p>Precautions : Back, knee, hamstring injuries.</p>



Image	Pose	Description
	Downward Facing Dog Dog Knees Bent	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Bend knees. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Down Dog. Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/GuxnalclLFQ</p> <p>Modifications: Use wall. Head on block. Leg up. Arm up. Wide stance.</p> <p>Precautions : Pregnant. HBP. Headache.</p>
	Plank	<p>Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Fingertips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold.</p> <p>Alternatives: Dolphin. One Legged Side Plank.</p> <p>Benefits: Strengthens arms, wrists, spine. Tones abs.</p> <p>Video: https://www.youtube.com/embed/pSWYGXSNjdE?rel=0</p> <p>Modifications: Knees on floor. Use wall to place feet for support.</p> <p>Precautions : Carpal tunnel syndrome</p>

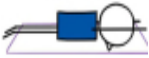


Image	Pose	Description
	Superman	<p>Lie on stomach. Feet together. Forehead on floor. Arms in small of back. Head turned to one side. Inhale to bring one arm around up and overhead. Lift the chest and gaze straight ahead and on inhale. Lower and turn the head in the opposite direction, returning the hand to the lower back. Repeat on the other side.</p> <p>Alternatives: Legs up wall.</p> <p>Benefits: Tones back muscles. Stimulate lower back.</p> <p>Video: https://www.youtube.com/embed/GbXBAC-gkqk</p> <p>Modifications: 1 leg up. Wide legs. Hands under body, to side or in front.</p> <p>Precautions : HBP. Hernia. Back injury.</p>
	Crocodile	<p>Relax on stomach. Arms folded on floor above head. Widen legs. Roll feet so heels point in. Squeeze buttocks. Press pelvis into floor. Rest forehead on arms.</p> <p>Alternatives: Leg or arm lift.</p> <p>Benefits: Stretches back, legs, buttocks. Reduce stress. Improve posture.</p> <p>Video: https://www.youtube.com/embed/MZynS2i3n28?rel=0</p> <p>Modifications: Place forehead in Yoni Mudra.</p> <p>Precautions : Pregnancy.</p>
	End Of Sequence	



Image	Pose	Description
	Bridge Arms Behind	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Raise arms overhead and lower them to floor behind head (palms facing up).</p> <p>Alternatives: Full bridge pose.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0</p> <p>Modifications: Bridge with blanket under shoulders. Bridge with leg up. Clasp hands around ankles. Block below shoulders. Block (or bolster) below lower back. Feet close to wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>
	Bridge Leg Raise	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Raise leg.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0</p> <p>Modifications: Bridge with blanket under shoulders. Block below shoulders. Block (or bolster) below lower back. Feet close to wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>




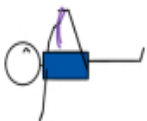



Image	Pose	Description
	Bridge Leg Up	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Place hands under hips. Raise left leg. Hold. Lower left leg. Repeat with right leg. Release hands. Lower slowly to mat.</p> <p>Alternatives: Bridge.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/igoajQo_po4</p> <p>Modifications: A) Bridge with blanket under shoulders. B) Block below shoulders. C) Block (or bolster) below lower back. D) Feet close to wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>
	Rocking And Rolling	<p>Slit on edge of mat. Wrap arms around legs. Engage core. Round back. Tuck chin toward belly button. Roll back and forth without touching toes to floor (imagine there are hot coals on the floor).</p> <p>Alternatives: knee to chest.</p> <p>Benefits: Stretches inner groin, spine.</p> <p>Video: https://www.youtube.com/embed/bUVGbaZHH_I</p> <p>Precautions : Pregnant. Knee injury.</p>
	Lying Twist	<p>Lie on back. Raise right leg up and roll it over to left side (foot touches floor). Spread legs wide. Put left hand on right thigh for leverage. Twist head to right. Switch sides.</p> <p>Benefits: Releases lower back. Opens tight shoulders. Improves digestion. Quiet Mind. Eases sciatic pain.</p> <p>Video: https://www.youtube.com/embed/TI9scRUR95g</p>

Image	Pose	Description
	<p>Supine Twist (strap)</p>	<p>Lie on back. Lift right leg. Take right leg across body to the left. Turn head to the right. Hold. Switch sides. Option to practice with a belt for increased stretch</p> <p>Alternatives: Reclined Hand To Big Toe I or II.</p> <p>Benefits: Stretches hips, thighs, hams, calves. Relieves sciatica.</p> <p>Video: https://www.youtube.com/embed/rX7Q0Av3o8k</p> <p>Modifications: Blanket under head. Hold ankle (instead of big toe). Belt.</p> <p>Precautions : High blood pressure.</p>
	<p>End Of Sequence</p>	
	<p>Corpse</p>	<p>Lie on back. Legs and arms apart. Feet to side. Palms up. Release back to floor. Close eyes. Inhale. Let abdomen rise. Exhale. Let abdomen fall. Feel heavy with each exhale.</p> <p>Benefits: Calming.</p> <p>Video: https://www.youtube.com/embed/YBe1nzunHJ0</p> <p>Modifications: A) Knees up. B) Blanket under knees and/or head.</p>
	<p>Palming</p>	<p>Sit or stand. Bring palms together. Rub as fast as possible to generate heat. Bring palms to eyes.</p> <p>Benefits: Soothing for nervous system.</p> <p>Video: https://www.youtube.com/embed/WECfyWVcRLU</p>

You can create lesson plans like this using the [Genie Lesson Planner](#)