

5 Yoga Postures for Lower Back Pain

Strengthen and loosen your muscles for a stronger, healthier back with these easy yoga-inspired exercises.



1. Sphinx Yoga Pose for a Gentle Back Stretch

This stretch helps lengthen your abdominal muscles, strengthen the spine, and firm your gluteal muscles. It also helps open the chest, lungs, and shoulders for optimal posture.

How to practice:

- Start face down on the floor with your arms by your side with your legs straight
- Place your palms face down on the floor
- Keep your elbows bent with forearms on the floor
- Slowly raise your head, keeping your back arched slightly as you lift up
- Try to keep your hips and legs on the ground



2. Cat/Cow Pose to loosen the spine and lower back muscles

How to practice:

- Start in a crawling position with your hands and knees on the floor with your arms and legs shoulder-width apart
- Face straight ahead
- Raise your back in an arch as you lower your head
- Hold for a few seconds
- Lift your head as you reverse the arch
- Repeat 3-5 times



3. Chair Pose To strengthen hips and leg muscles

Note: You can begin by holding on to a chair or leaning against a wall until you build strength and balance.

How to practice:

1. Begin by standing pose with your legs spaced shoulder-width apart
2. Squat as if you are sitting in a chair
3. Raise your arms up (or out to your side for more support)
4. Bring yourself up to the standing pose
5. Repeat



4. Low lunge pose To stretch the hamstrings, quadriceps, and groin and loosen the hips

How to practice:

1. Begin by standing comfortably, hips shoulder-width apart
2. Step forward into a lunge
3. Lean forward as much as you can without pain
4. Lengthen your leg behind you and straighten your knee if you can
5. Reverse with the opposite side of the body
6. Repeat 3-5 times

5. Child pose to open the hips, lengthen the spine, and relax back muscles

How to practice:

1. Kneel on the floor and sit on your knees
2. Lean forward with a straight back (if possible)
3. Drop your forehead on the floor
4. Rest your hands on the floor, palms down
5. Hold for a few seconds with your eyes closed
6. Bring your arms above your head with palms down for a deeper stretch
7. Release