

Yoga for Back Pain

Yoga poses that can alleviate acute back pain



Urdhva Hastasana (Upward Salute)
Urdhva Hastasana literally translates to "Raised Hands Pose," but it is also sometimes called Tadasana, the Palm Tree Pose (like a palm tree).



Urdhva Dhanurasana (Upward Bow or Wheel Pose)
Strengthens the arms, legs, abdomen, and spine, and gives a boost of energy.



Virabhadrasana II (Warrior II Pose)
Named for a fierce warrior, an incarnation of Shiva, this version of Warrior Pose increases stamina.



Parivrtta Parsvakonasana (Revolved Side Angle Pose)
One of three revolved variations of standing poses.



Bharadvajasana I (Bharadvaja's Twist)
This gentle twist is a tonic for the spine and the abdominal organs.



Parivrtta Trikonasana (Revolved Triangle Pose)
Usually a counterpose to Trikonasana. Also a preparation for seated forward bends and twists.



Dandasana (Staff Pose)
It might look easy, but there's more to Staff Pose than meets the eye.



Sphinx Pose
Sphinx Pose is the infant of backbends. It can be practiced with either an active or passive approach.



Parivrtta Janu Sirsasana (Revolved Head-to-Knee Pose)
There are two interpretations of the Sanskrit Janu Sirsasana, Head-to-Knee and Head-of-the-Knee. The former emphasizes the forward bend. The latter refers to the "head" of the bent knee that you use press away from you to assist the forward bend.



Dhanurasana (Bow Pose)
The torso and legs represent the body of the bow, and the arms the string.



Setu Bandha Sarvangasana (Bridge Pose)
Calms the brain and rejuvenates tired legs.



Ushtrasana (Camel Pose)
For this pose you can pad your knees and sit on a thick folded blanket.



Marjaryasana (Cat Pose)
This pose provides a gentle massage to the spine and pelvic organs.



Bitilasana (Cow Pose)
Cow Pose is an easy, gentle way to warm up the spine.



Adho Mukha Svanasana (Downward-Facing Dog)
One of the most widely recognized yoga poses. An all-over, rejuvenating stretch.



Garudasana (Eagle Pose)
You need strength, flexibility, and endurance, and unwavering concentration.



Urdhva Trikonasana (Extended Triangle Pose)
Triangle Pose is the quintessential standing pose in many styles of yoga.



Agnihotrasana (Fire Log Pose)
Stretches the outer hips intensely, particularly the piriformis, which is often the main culprit of sciatic pain.



Matsyasana (Fish Pose)
It is said that if you perform this pose in water, you will be able to float like a fish.



Ardha Matsyendrasana (Half Lord of the Fishes Pose)
This twist energizes the spine and stimulates the digestive fire.



Ardha Chandrasana (Half Moon Pose)
Highly effective strengthening for the legs and ankles.



Salabhasana (Locust Pose)
An effective means for strengthening the back of the torso, legs, and arms in preparation for the deeper



Marichyasana II (Marichi's Pose)
Marichi's Pose is sometimes called the Sage's Pose.



Hatasana (Plow Pose)
Plow Pose reduces backache and can help you get to sleep.



Supta Padangusthasana (Reclining Big Toe Pose)
Provides relief from backache and stretches the hips, hamstrings, and calves.