

19 BEGINNER YOGA POSES

For lower back pain

20 minute sequence

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Easy pose
(Sukhasana)



Easy Pose Side Bend
(Sukhasana)



Staff pose
(Dandasana)



Half Lord of the Fishes
(Ardha Matsyendrasana)



Cat Pose
(Marjariasana)



Cow Pose
(Bitilasana)



Wide Legged Child's Pose
(Utthita Balasana)



Cobra
(Bhujangasana)



Downward Dog
(Adho Mukha Svanasana)



Three-legged Downward
Dog (Eka Pada Adho
Mukha Svanasana)



Pigeon Pose (Eka Pada
Rajakapotasana)



Rag Doll
(Uttanasana)



Chair Pose
(Utkatasana)



Revolved Chair Pose
(Parivrtta Utkatasana)



Garland Pose
(Malasana)



Supine Figure 4 Pose
(Supta Kapotāsana)



Bridge Pose
(Setu Bandha Sarvangasana)



Plow pose
(Halasana)



Happy Baby
(Ananda Balasana)



Corpse Pose
(Shavasana)



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