

7 Yoga Poses TO HELP WITH BACK PAIN



1. Child's Pose



2. Downward Dog



7. Triangle



3. Cat and Cow Pose



6. Warrior



4. Sphinx Pose



5. Spinal Twist

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2019



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