

# BACK PAIN RELIEF SEQUENCE

Gentle Restorative Flow ≈ 15 Minutes

**Child's Pose**

*2-3 Minutes*

**Cat-Cow Stretch**

*10 Repetitions*

**Downward Dog**

*1 Minute*

**Sphinx Pose**

*5 Breaths*

**Spinal Twist**

*1 Min Per Side*

**Knees-to-Chest**

*2 Minutes*

**Instructions:** Breathe deeply through your nose. Move slowly between transitions. If you feel sharp pain, stop immediately and consult a professional.