

BACK PAIN RELIEF SEQUENCE

Duration: 15-20 Minutes Focus: Spinal Decompression

01 Child's Pose (Balasana) Rest hips on heels, forehead to mat. Hold for 2 minutes to release the lower back.

02 Cat-Cow (Marjaryasana) Move with breath. Inhale to arch, exhale to round. 10 repetitions to mobilize vertebrae.

03 Downward Dog (Adho Mukha) Keep knees slightly bent to prioritize spinal length over straight legs. Hold 5 breaths.

04 Sphinx Pose (Salamba) Rest on forearms, lift chest gently. Engages the mid-back and opens the psoas.

05 Bird-Dog (Parsva Balasana) Extend opposite arm and leg. Hold 5 seconds each side to build core stability.

06 Supine Twist (Supta Matsylen) Lay on back, drop knees to one side. Neutralizes the spine after extension.

Practice mindfully. If pain increases, stop immediately. Consult a professional for chronic conditions.