

# Lower Back Pain

## 1. Supta Matsyendrasana/ Supine Spinal Twist

### Steps-

1. On yoga mat, start with lie flat on the back.
2. Exhale; press the lower back on the yoga mat gently.
3. Inhale; Bend the knees to lift the feet off the yoga mat.
4. Exhale; create one straight line with the shoulders by stretching your arms out.
5. Make sure that your palms should facing downwards. Bring the knees and feet together.
6. Inhale; up the feet a little higher than the knees. Now, Exhale; lower your legs to the left of the yoga mat,
7. Make sure that feet and knees are stacked. Note: Knees should be at the

hip level, heels should rest a foot away from the buttocks.

8. Turn your head to the right slowly.

9. Hold in this position for few seconds.



10. Breathing should be normal.

11. Exit the pose by practising the above steps with the opposite direction.

12. To release the pose, press your hands into the floor.

13. Inhale, and lift your chest and knees over your chest.

14. Hold your knees.

15. Exhale; Lift the head and chest to your thighs, as well as Pull the thighs to

your chest. Note: don't lift the shoulders as your head is raised.

16. Hold in this position for few seconds (30 to 60 seconds).

17. Exit the pose by Lower the shoulders and head to the yoga mat. Repeat all the above steps with the opposite side.

### Benefits-

1.Calms the mind.

2.Rejuvenates the mind and the body.

3.Detoxify the body.

4.Stimulates the internal organs.

5.Relieves the stress.

6.Strengthens the spine and Internal organs.

7.Helps to increases the digestion.

8.Improves the flexibility.

9.Stretch the Lower back, Middle spine, and Upper back, Chest, Shoulders, Hips and the Abdomen.

## 2. Vrikshasana/ Tree Pose

### Steps-

1. First stand properly and straight, and place your feet together keep your knees completely straight.
2. Keep your arms at the particular sides.
3. Without twisting your left knee, lift up your right foot and hold the lower leg (ankle) from your right hand.
4. Now fold your right leg at the knee joint.
5. By using your both hands, put the right heel on the left thigh as high as could be expected under the circumstances. Your toes indicating downwards.
6. Your right heel ought to press within the thigh.
7. Now try to balance yourself on the left leg.
8. After that join your palms and fingers and place them to the side of your left leg.
9. Also join your palms and fingers and place them to the mid-section of your chest, at that point your fingers should

indicating upwards like Namaskar pose or petition to God posture.

10. Now breathe in and lift up your held hands gradually over your head.

11. Try to stretch up yourself and stand straight along with keeping your balance.

12. Look in straight and keep up this posture breathing ordinarily (Hold the position as long as you can).

13. Breathe out and bring down your hands to the chest.

14. Come back to the initial position. Repeat the pose with your other leg.



## Benefits-

- 1.Strengthens the spine.
- 2.It strengthens the tendons and ligaments of the feet.
- 3.It tones up the leg muscles.
- 4.Strengthens the knee.
- 5.Flexibles the hip joints.
- 6.Strengthens the inner ears, eyes and shoulders.
- 7.Beneficial in sciatica and useful in flat feet problem.

8. Gives calmness to mind and makes you body sturdy as well as flexible.
9. Boost the concentration and mental faculties.
10. Best for problems related to postural problems.

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