

# Beginner Yoga for Lower Back Aches and Stiffness



1. Corpse Pose Variation Knees Bent  
= Savasana Variation Knees Bent



2. Happy Baby Pose = Ananda Balasana



3. Wind Release Pose = Pawanmuktasana



4. Reclining Eagle Spinal Twist Pose = Supta Parivrtta Garudasana



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6. Half Plough Pose = Ardha Halasana



7. Bridge Pose Variation Hands Support = Setubandha Sarvangasana Variation Hands



8. Fish Pose = Matsyasana



9. Reclining Bound Angle Pose = Supta Baddha Konasana

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10. **Legs up the Wall Pose** •  
Viparita Karani



11. **Reverse Corpse Pose** •  
Advasana



12. **Sphinx Pose** • Salamba  
Bhujangasana



13. **Puppy Dog Pose** • Uttana  
Shishosana



14. **Thread the Needle Pose** •  
Urdhva Mukha Pasasana



15. **Thread the Needle Pose** •  
Urdhva Mukha Pasasana



16. **Wide Child Pose** • Prasarita  
Balasana



17. **Dolphin Pose** • Catur Svanasana



18. **Thunderbolt Pose** • Vajrasana

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19. Downward Facing Hero Pose •  
Adhomukha Virasana



20. Staff Pose • Dandasana



21. Seated Forward Bend Pose •  
Paschimottanasana



22. Cradle Pose • Hindolasana



23. Cradle Pose • Hindolasana



24. Easy Pose Variation Side Bend  
• Sukhasana Variation Side Bend



25. Easy Pose Variation Side Bend  
• Sukhasana Variation Side Bend



26. Revolved Easy Pose • Parivrtta  
Sukhasana



27. Revolved Easy Pose • Parivrtta  
Sukhasana

# Beginner Yoga for Lower Back Aches and Stiffness



28. Toe Balance • Prapadasana



29. Palm Tree Pose • Urdhva  
Hastotanasana



30. Standing Forward Fold Pose  
Variation 1 • Uttanasana Variation 1



31. Standing Forward Fold Pose •  
Uttanasana



32. Mountain Pose • Tadasana



33. Corpse Pose • Savasana