

3 Yoga Poses for Lower Back Pain

One of the most common problems I hear a lot from my readers and my yoga students is lower back pain, especially from endometriosis & pelvic pain sufferers. It seems like it comes hand in hand. So I want to share some poses to you who have this condition. Try this yoga sequence for a couple of weeks. Start with one minute each pose and increase over time.



Back Stretches

Sit in Easy Pose with your spine straight. Turn your torso to the left and place your hands of each side of the left knee. Inhale and as you exhale bend at the waist, bring the head down toward the left knee. Hold posture breathing long and deeply for 1-3 min. Slowly come up and do the same to the right side for 1-3 min. Come up into the center and place your hands straight in front of you on the yoga mat, inhale and as you exhale bend at the waist bring the head down toward the ground in front of your legs. Hold the posture and breathe long and deeply for 1-3 min. To end: slowly come up again and rest for a couple of minutes.

Gives a nice stretch in the spine, hips and the muscles in that area.

Spinal flex

Sit in Easy Pose with your legs crossed. Take hold of your outside ankles with both hands. (If you prefer sitting on a chair place your hands flat, palms facing down on your thighs.) Inhale as you flex your spine forward and lift your chest up, arching your back forward. Exhale as you flex your spine backward and tilt your pelvis back. Keep your head and chin level while keeping your neck still. Continue this movement 1-3 minutes. Relax and rest for a couple of minutes.

Good for the lower back, opens up the ribcage and is also good for the breathing.

Cat Stretch

Bring your arms out to the sides, lift one bent leg. Place the right foot on the left knee and grab your right knee with the left hand. Pull the leg down to the left and the torso to the right. Long Deep Breathing for a couple of minutes and then roll back on the back again, and switch sides. 1-3 mi each side

Gives a nice stretch in the spine and hips.

Yoga for Endometriosis & Pelvic Pain

Yoga online for women with Endometriosis, PCOS, Uterine fibroids or other problems with the period. For you who want to get better with yoga, healthy food & other lifestyle changes! For more information check out our website! Begin your healthier life today!

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