

7 Yoga Poses

TO HELP WITH
BACK PAIN



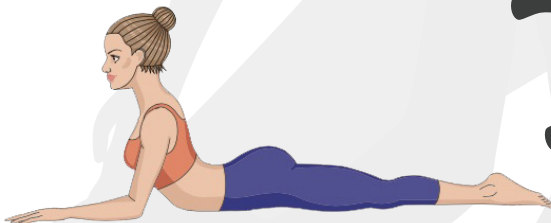
1. *Child's Pose*



2. *Downward Dog*



3. *Cat and Cow Pose*



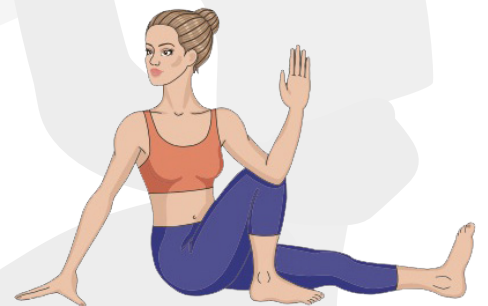
4. *Sphinx Pose*



7. *Triangle*



6. *Warrior*



5. *Spinal Twist*