


7 Chair Yoga Poses to Relieve Back Pain

1. Seated Cat-Cow Stretch

Gently warms up the spine and relieves stiffness.

How to Do:

- Sit tall, feet flat, hands on knees.
- Inhale: Arch your back, lift your chest (Cow).
- Exhale: Round your spine, tuck your chin (Cat).
- Repeat for 6–8 breaths.

 *Great for spinal mobility and posture reset.*

2. Seated Forward Fold

Lengthens the spine and stretches tight lower back muscles.

How to Do:

- Sit toward the front edge of your chair.
- Inhale: Raise your arms up.
- Exhale: Hinge at your hips and fold forward, letting arms hang.
- Stay for 5 deep breaths.

 *Encourages spinal decompression.*

3. Seated Spinal Twist

Increases spine flexibility and releases tension.

How to Do:

- Sit upright, place your right hand on your left knee.
 - Inhale to lengthen your spine.
 - Exhale, gently twist to the left.
 - Hold 4–6 breaths. Switch sides.
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4. Shoulder Rolls

Releases upper back and neck tension.

How to Do:

- Sit tall, relax your arms.
- Inhale: Lift shoulders toward ears.
- Exhale: Roll them back and down.
- Repeat 10 times forward, then backward.

 *Perfect for tech-neck and hunched posture.*

5. Seated Figure-Four Stretch

Targets glutes and hips – often the hidden cause of back pain.

How to Do:

- Sit tall, cross right ankle over left knee.
- Flex your right foot.

- Lean forward slightly until you feel a stretch in your hip.
- Hold 5–7 breaths. Switch sides.


 *Loosens tight hips which pull on the lower back.*

6. Neck & Upper Back Stretch

Releases tension from sitting or phone use.

How to Do:

- Interlace fingers behind your head.
- Gently pull chin toward chest.
- Stay for 5–6 slow breaths.

 *Great after long hours sitting or driving.*

7. Seated Pelvic Tilt

Strengthens the core and eases lower back pressure.

How to Do:

- Sit with feet hip-width apart.
- Inhale: Gently arch lower back.
- Exhale: Tuck tailbone under, flattening back.
- Repeat 10–15 times.