

Types of Yoga Asanas for Sciatica

B Health



Locust
Pose

Stabilize your
lower back &
core muscle



Knee
to Chest
Pose

Relieve spine
and muscle pain



Cobra
Pose

for improved body flexibility

Relieve spine
& muscle pain



Cat-Cow
Stretches

to relieve
pain in the
back & spine



Bridge
Pose



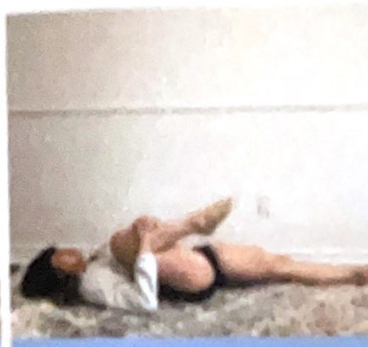
7 Super Basic Stretches for Tight Hip Flexors



BRIDGE RAISES



HAPPY BABY STRETCH



KNEE-TO-CHEST



RECLINED ANGLE BOUND



BUTTERFLY STRETCH



GARLAND POSE



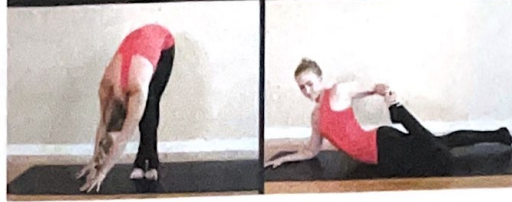
SEATED HIP STRETCH



Hold 20-30 seconds

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11 YOGA POSES FOR *Knee Pain Relief* (SOOTHE + STRENGTHEN)



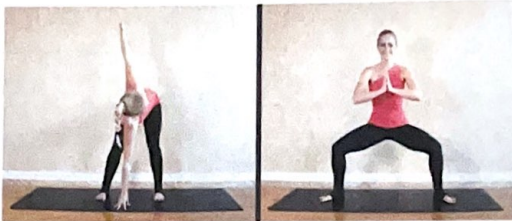
CROSSED ANKLE FORWARD FOLD

SPHINX POSE QUAD STRETCH



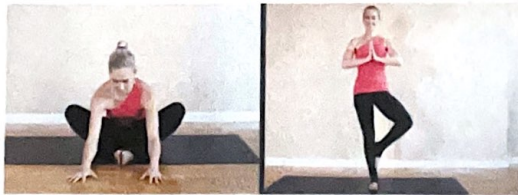
SUPINE HAND-TO-ANKLE STRETCH

SUPINE FIGURE 4



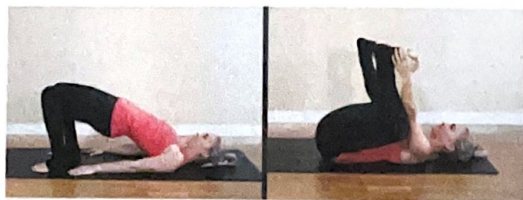
REVOLVED FORWARD FOLD

HORSE POSE



BADDHA KONASANA

TREE POSE



BRIDGE POSE

HAPPY BABY