

How to Combat Common Causes of Back Pain

- Poor Posture**
 - Improve awareness, strengthen the core and increase mobility in hip musculature

- Stress**
 - Breathing, mindfulness, parasympathetic nervous system engagement and positive imagery

- Sacroiliac (SI) Joint Pain**
 - Awareness, stabilization and create a softer practice

- Sciatica**
 - Lengthening of the piriformis

- Disc Injuries**
 - Awareness and postural control

- Osteoporosis**
 - Use weight bearing exercises to help improve bone density, avoid twisting

Poses to Help Develop Posture

- Mountain Pose with block
- Pelvic Rocking
- Staff
- Sunbird
- Back Bridge
- Tree Pose
- Warrior I
- Dragon
- Lunge with quad stretch