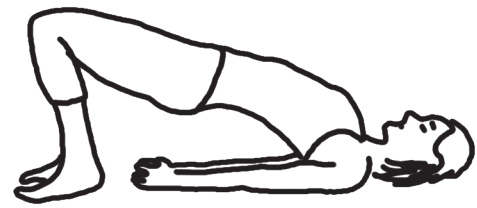


YOGA POSES THAT MAY HELP RELIEVE ANKYLOSING SPONDYLITIS PAIN

# MY LAZY YOGA FOR BACK PAIN



1. BRIDGE POSE  
SETU BANDHA SARVANGASANA

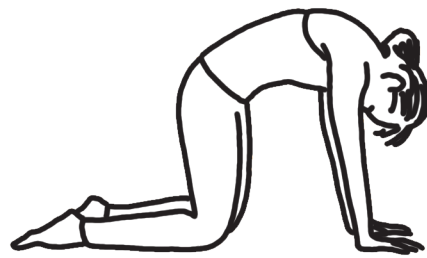


2. DOWNWARD FACING DOG  
ADHO MUKHA SHVANASANA

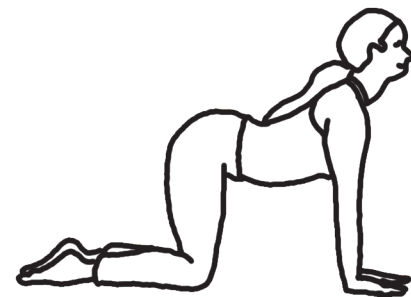


3. COBRA POSE  
BHUJANGASANA

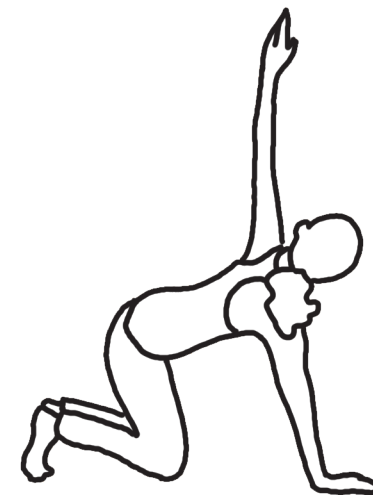
4. LOCUST POSE  
SALABHASANA



5. CAT POSE  
MARJARYASANA



6. COW POSE  
BITILASANA



7. MOUNTAIN POSE  
TADASANA



8. CHILD'S POSE  
BALASANA



9. STAFF POSE  
DANDASANA

Joel.

Illustrations by Joel Taring  
Direct reference to [www.healthline.com/health/ankylosing-spondylitis-yoga](http://www.healthline.com/health/ankylosing-spondylitis-yoga)