Health Tip of the Month

Alleviate your Back Pain with Yoga Postures!!!

Yoga is a conscious practice connecting breath-body-mind while exploring the development of strength, flexibility, and balance.

Benefits of Practicing Yoga:
- Relieves stress and increases confidence
- Strengthens the body and improves balance
- Improves flexibility
- Relieves pains such as back pain, arthritis, etc.
- Improves sleep quality
- Eliminates toxins

A pose a day, keeps the doctor away!

Practicing yoga at least 3 times a week for 45 minutes is recommended

---

Yoga poses to Ease Back Pain:

**Cat-Cow Pose (Chakravakasana):**
Start on your hands and knees, head facing forwards. As you inhale you’ll want to lift your chest to the ceiling, stomach sinks towards the floor. On the exhale, drop your head down, round your spine, and lengthen your arms.

**Extended Puppy Pose (Uttana Shishosana):**
Place your hands in front of you with palms on the floor. Drop your chest to the ground while looking at the floor. This stretches your spine and shoulders.

**Downward-Facing Dog Pose (Adho Mukha Svanasana):**
From a pushup, bend in your knees, and bring heels slightly off the ground. Press into the mat and lift your butt up.

---

Worksite Wellness Initiative: by Atieh Sahraei, Dietetic Intern
Hunter College, CUNY 103/2022
More Health Tips? visit http://nyc.cce.cornell.edu