Yoga for Back Pain
Yoga poses that can alleviate acute back pain

1. Cat and Cow Pose
2. Downward-Facing Dog
3. Warrior I
4. Warrior II
5. Warrior III
6. Plow
7. Bridge
8. Fish
9. Child's Pose
10. Cobra Pose
11. Locust Pose
12. Sphinx Pose
13. Locust Pose
14. Pigeon Pose
15. Seated Forward Bend
16. Seated Twist
17. Reclining Hand-to-Big-Toe Pose
18.Supported Fish Pose
19. Side Plank
20. Side Stretch
21. Side Plank Pose
22. Lying Pigeon Pose
23. Twisted Chair Pose
24. Seated Revolved Forward Bend
25. Seated Revolved Twist
26. Seated Revolved Pose
27. Seated Splits
28. Seated Spinal Twist
29. Seated Spinal Twist
30. Seated Spinal Twist

Infographics: BACKPAINRELIEF.NET
Source: Yoga Poses from Yoga Journal / Consult with a doctor before practicing these poses.