

Bye-bye, back pain!

"Sitting at a desk, carrying heavy groceries . . . your daily activities can put a strain on your spine," says Julie Kleinman of Yoga Works. "But a few yoga poses can help keep your back feeling good!"

Strength-building Locust Pose:

Lie on your stomach with your arms by your sides. Lift your head, chest and arms gently off the floor. Hold for a couple of breaths and release. To increase intensity, stretch your legs to make them as long as possible and lift them off the floor as well. Repeat 2-3 times.



Spine- stretching Puppy Dog Pose:

Place your hands on a sturdy, flat surface like a desk or table. Walk backward until your feet are under your hips, and your back and arms are straight and parallel to the floor.

If the backs of your legs feel tight, bend your knees until they loosen up. Hold the pose for several deep breaths.

