

Coccyx (Pain and Displacement)

(p. 1 of 6)



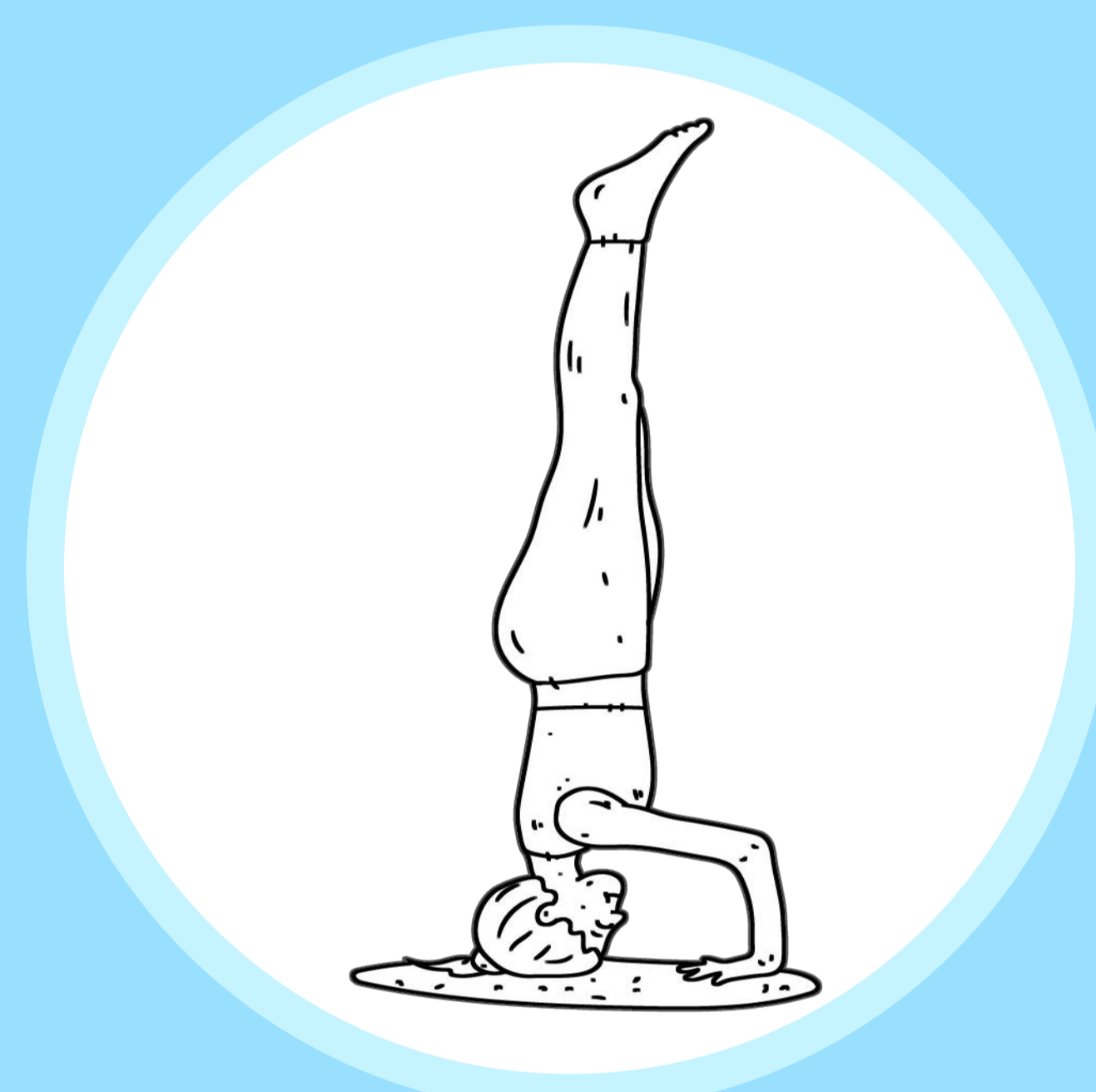
Vīrāsana
(hero)



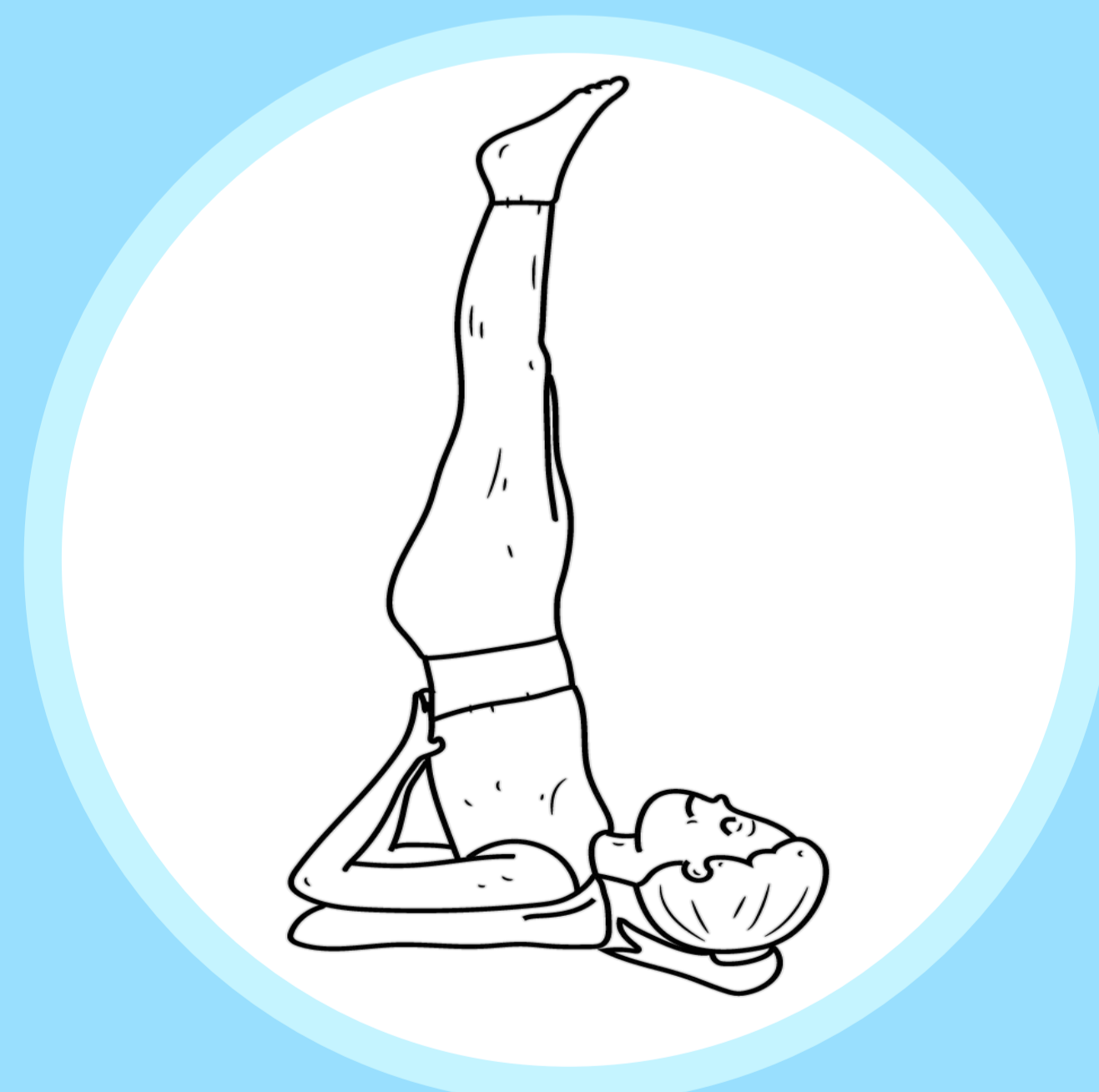
Supta Virasana
(reclining horse)



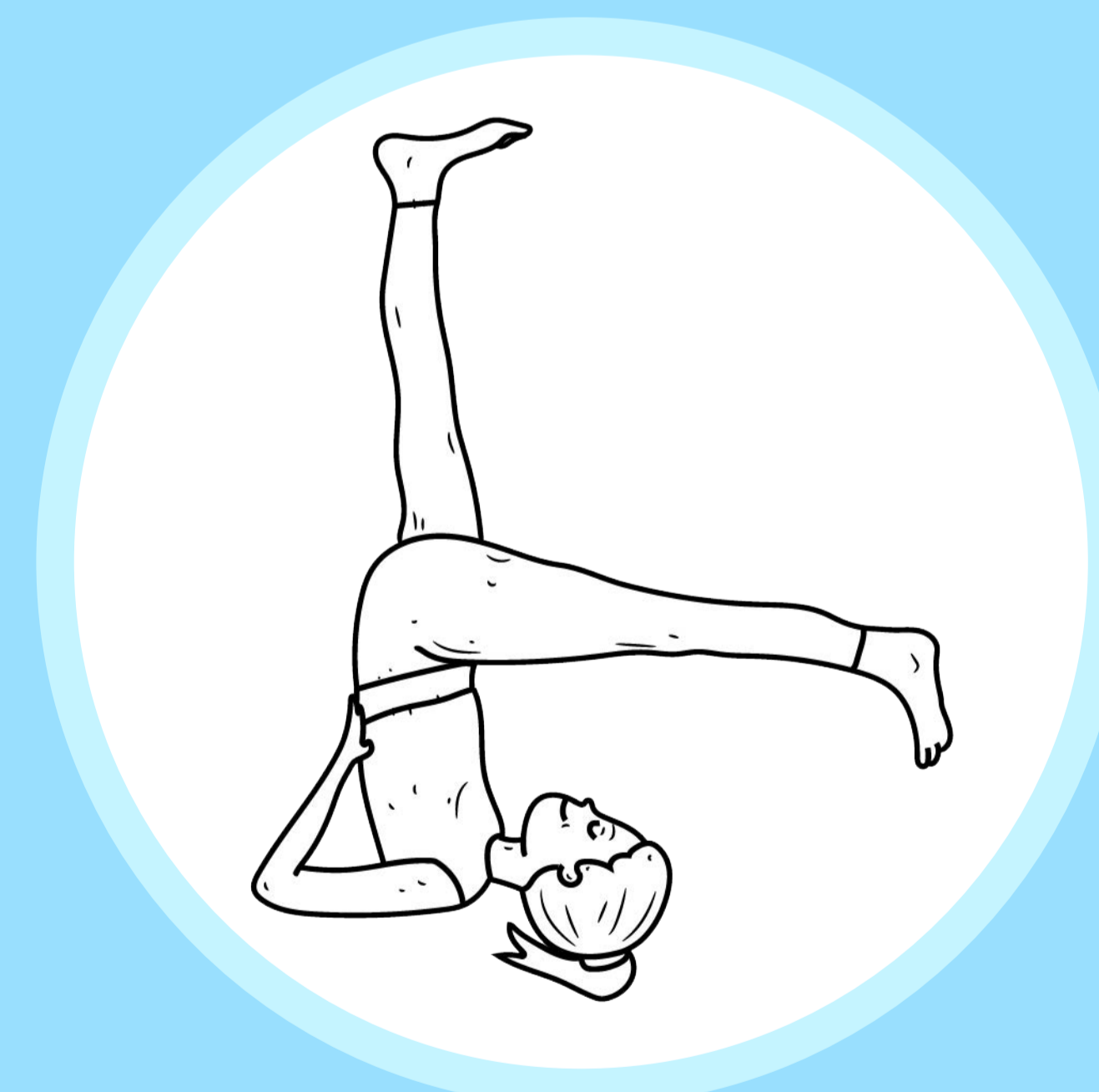
Padmāsana
(lotus)



Sirsasana
(head stand)



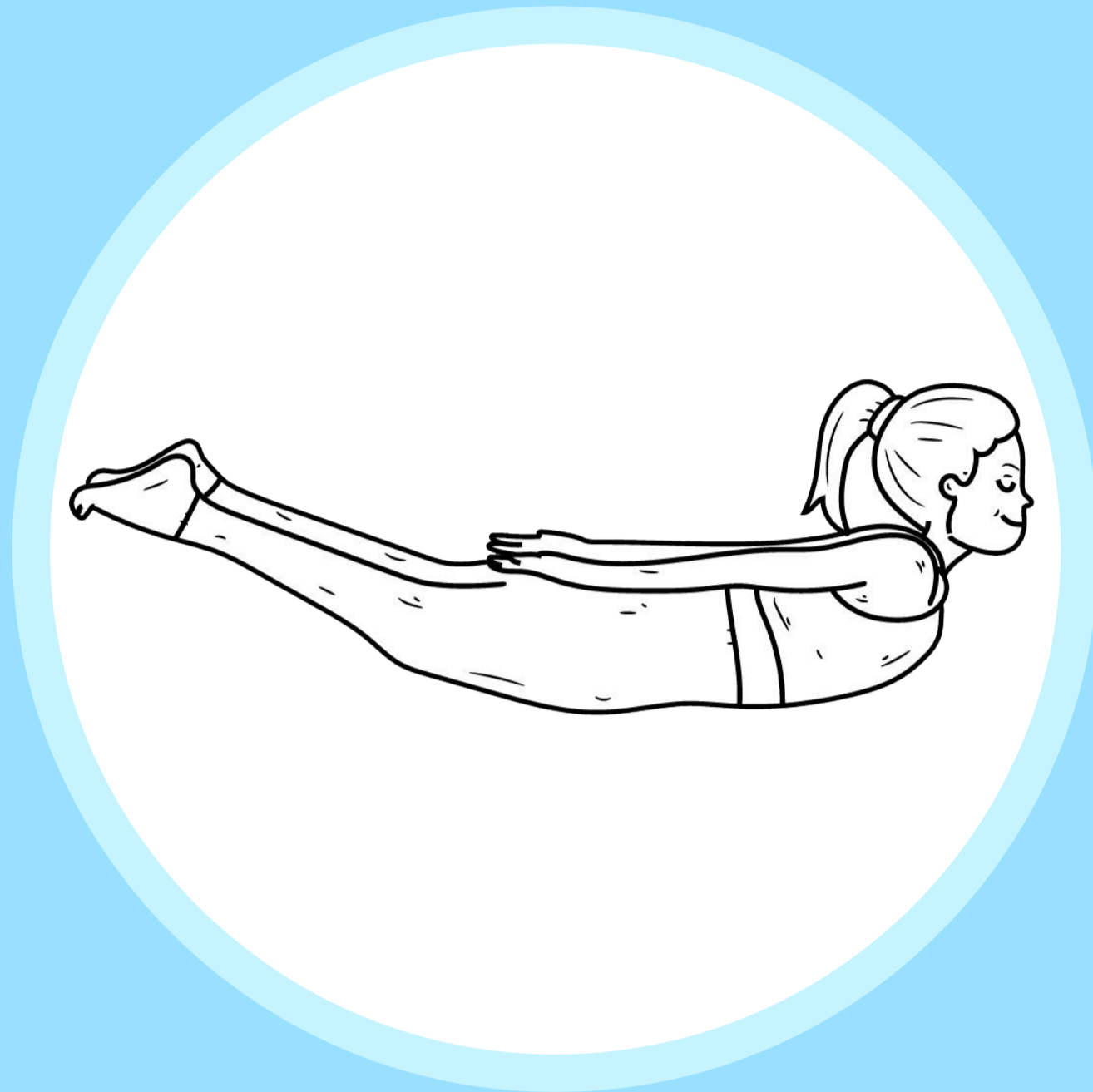
Sarvāngāsana
(shoulder stand)



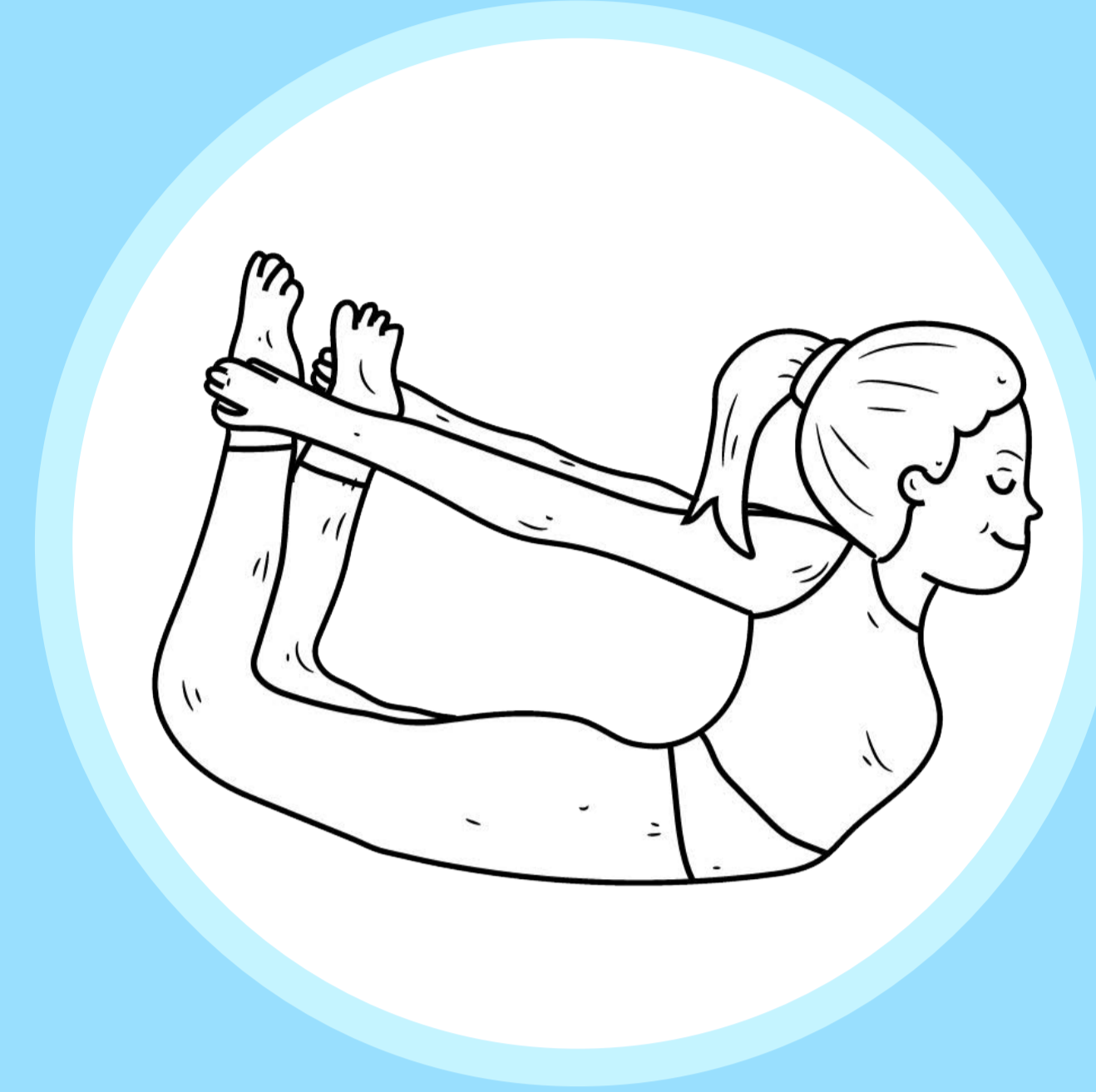
Ekapāda Sarvāngāsana
(one leg, all limbs)

Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Coccyx (Pain and Displacement) (p. 2 of 6)



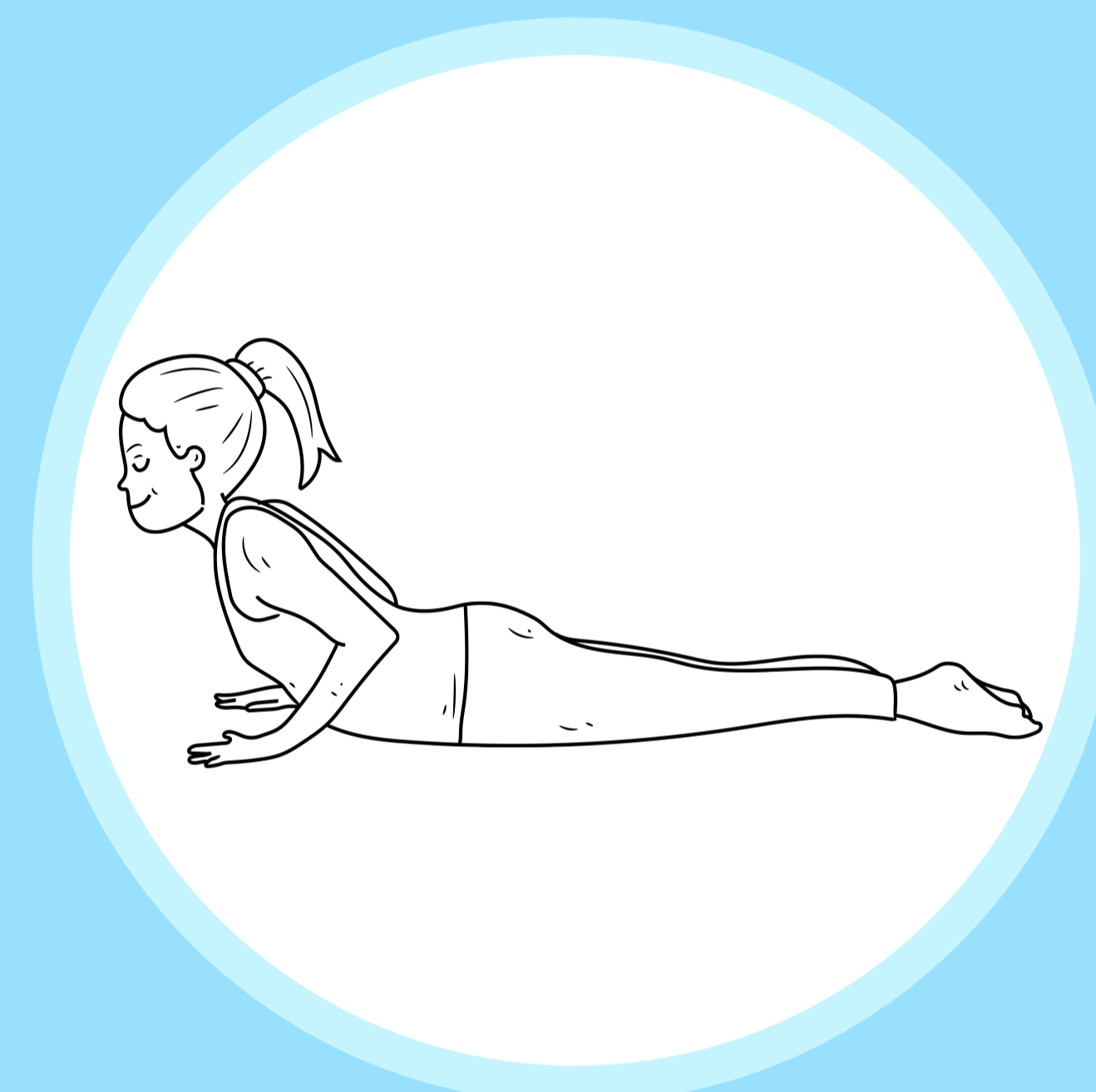
Śālābhāṣana
(locust)



Dhanurāsana
(bow)



Pārśva Dhanurāsana
(side bow)



Bhujangāsana I
(cobra I)



Bhujangāsana II
(cobra II)



Adhomukha Vr̥kṣāsana
(handstand)

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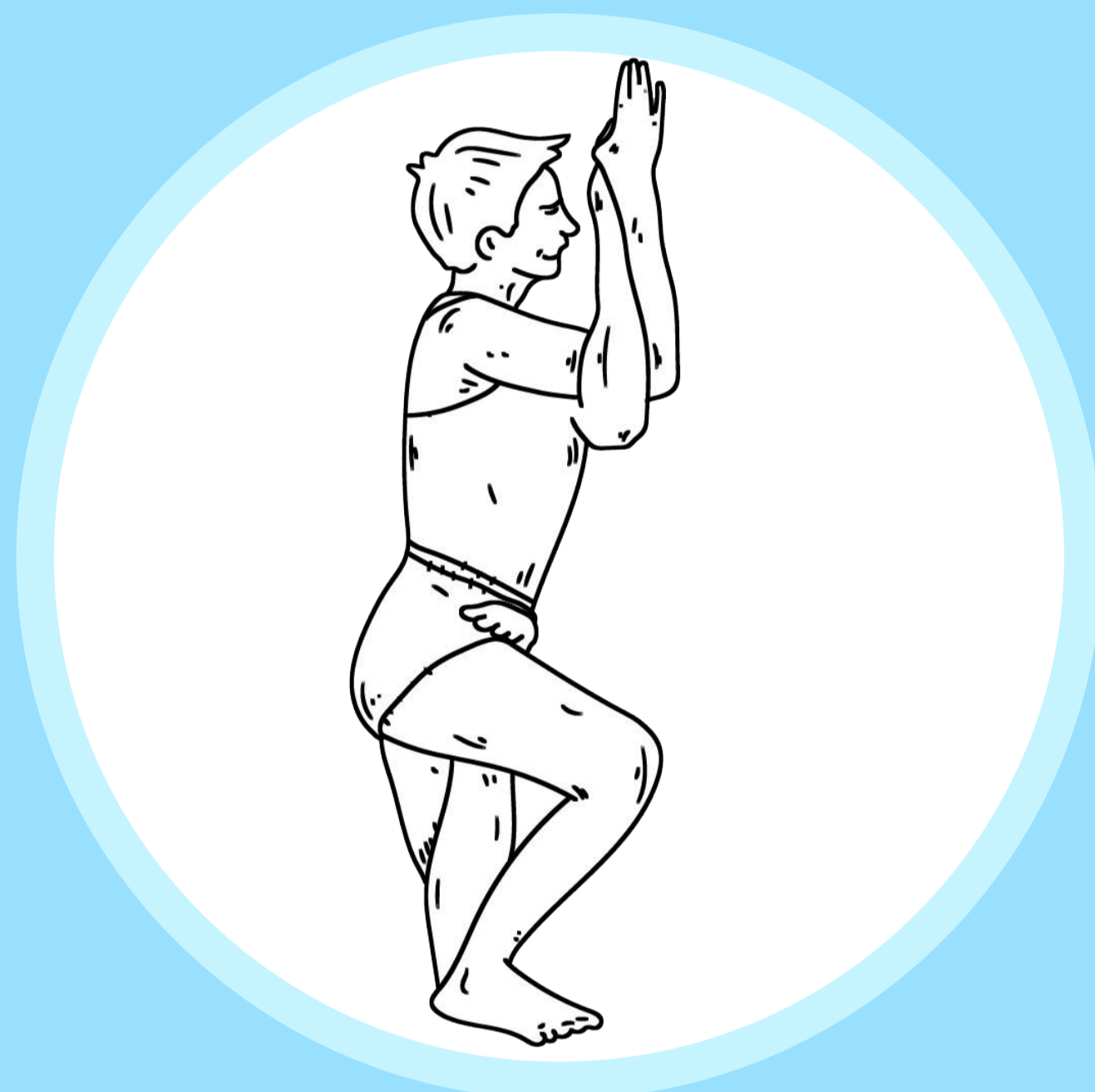
Coccyx (Pain and Displacement) (p. 3 of 6)



Pincha Mayūrāsana
(peacock feather)



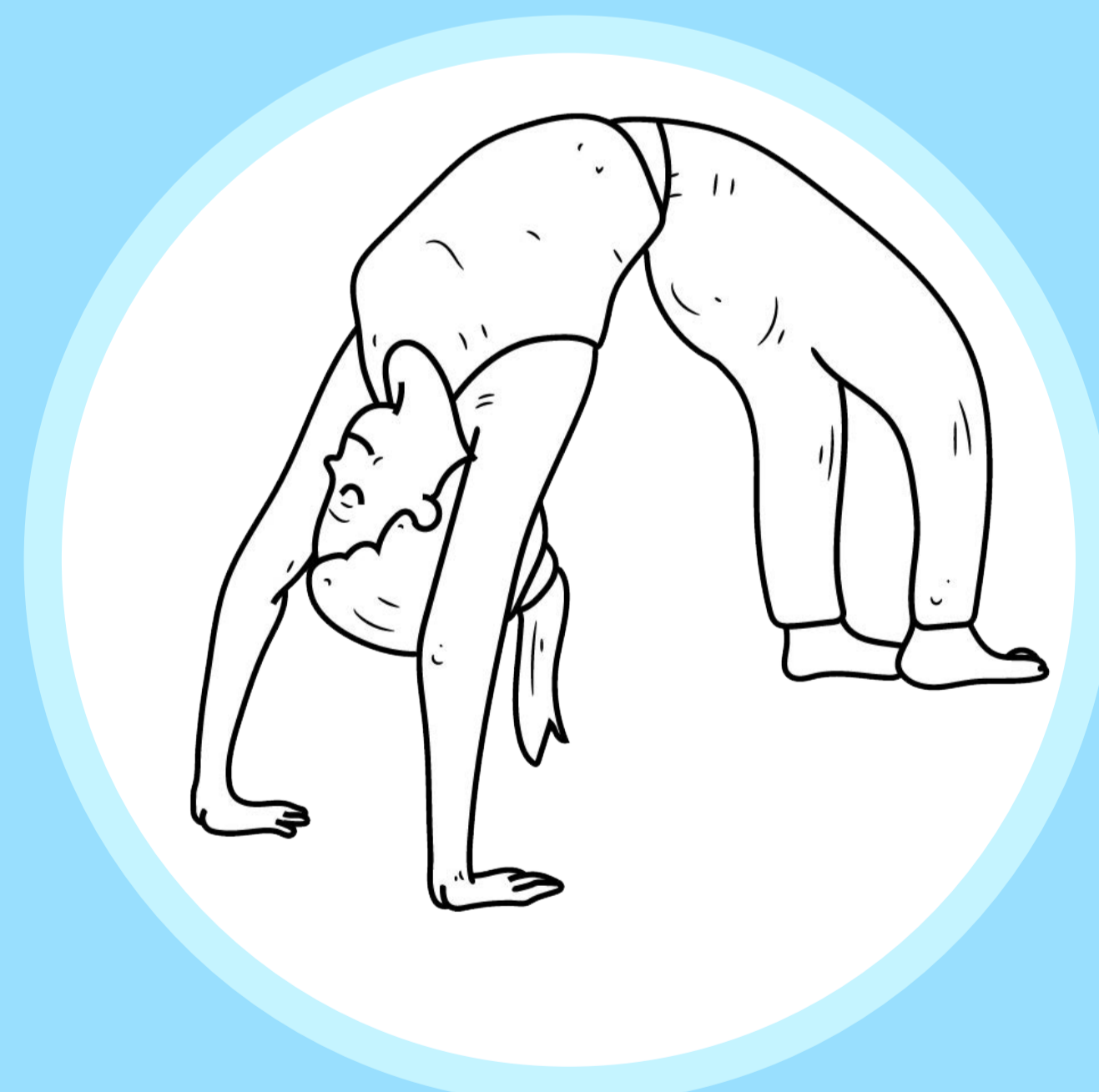
Ūrdhva Mukha Śvānāsana
(upward dog)



Vātāyanāsana
(horse)



Ūṣṭrāsana
(camel)



Chakrāsana
(wheel)



Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)

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Kapotāsana
(pigeon)



Laghuvajrāsana
(little thunder)



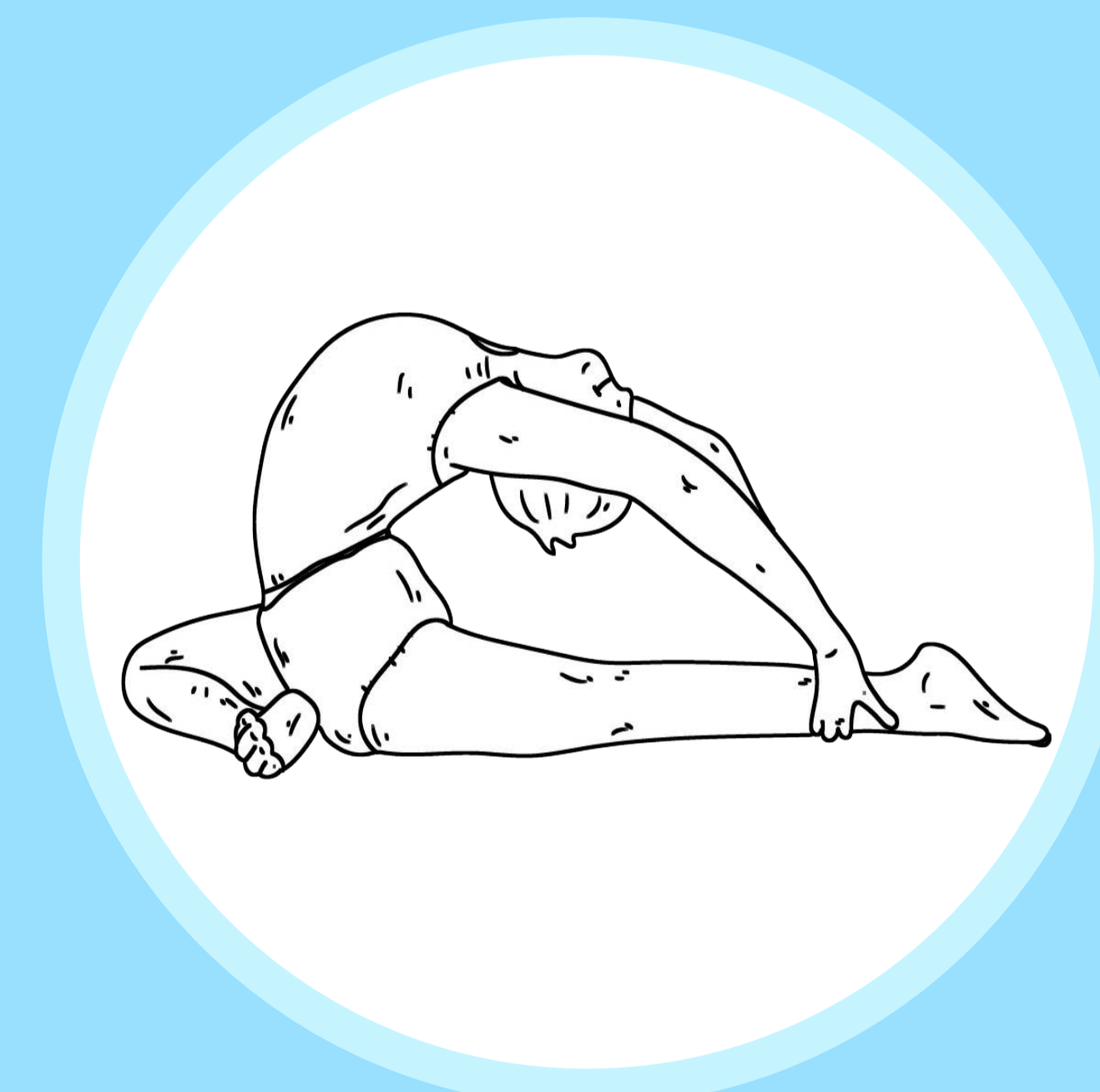
Vṛiśchikāsana I
(scorpion I)



Rājapotaśana
(king pigeon)



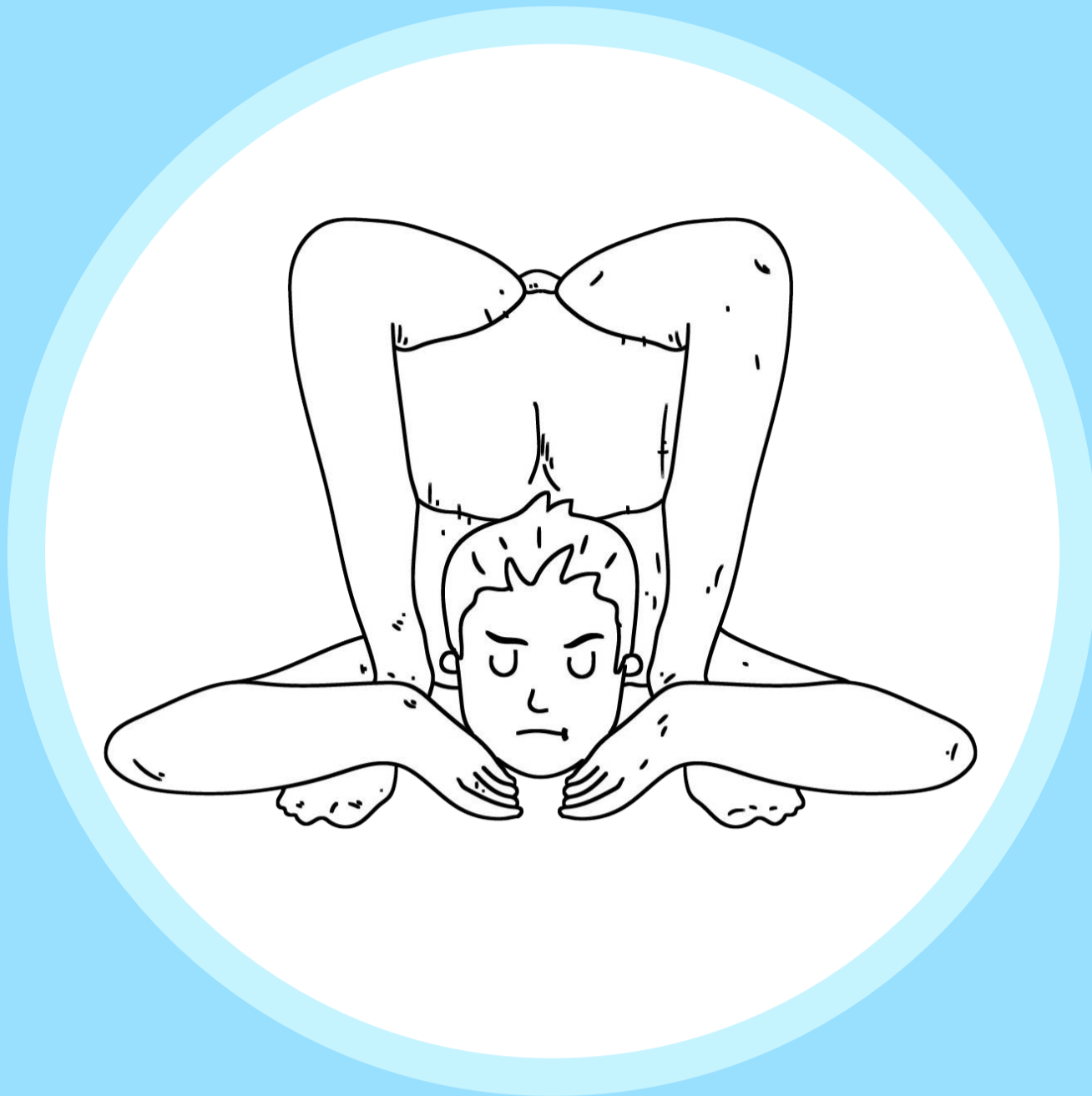
Eka Pāda Rājapotaśana
(king pigeon)



Vālahilyāsana
(heavenly spirit)

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Coccyx (Pain and Displacement) (p. 5 of 6)



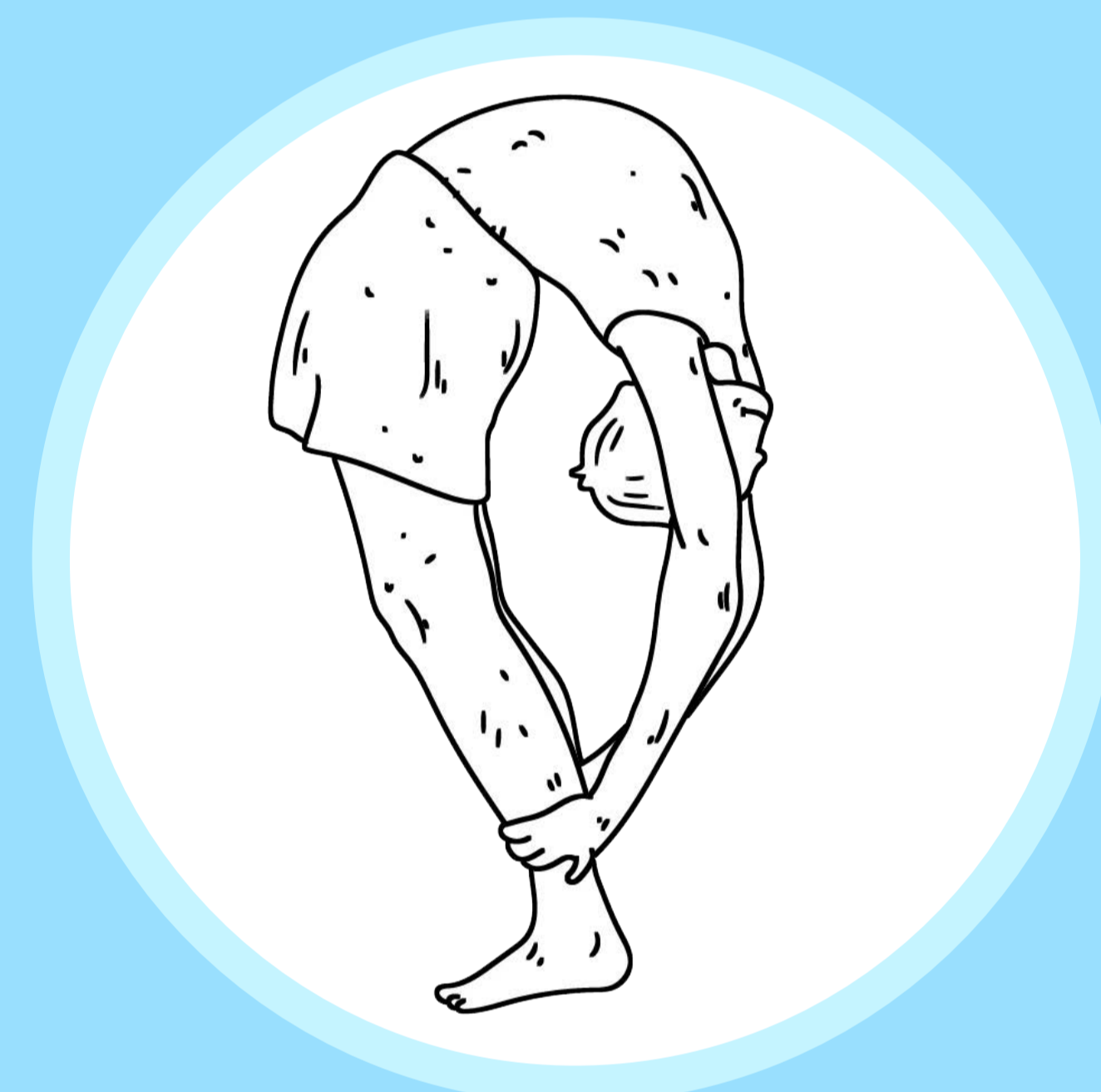
Gaṇḍa Bheruṇḍāsana
(side of face terriable)



Viparīta Śālabhāsana
(reverse locust)



Pādānguṣṭha Dhanurāsana
(foot big toe boe)



Tiriang Mukhottānāsana
(upside down face)



Hanumānāsana
(splits)



Mūlabandhāsana
(root lock)

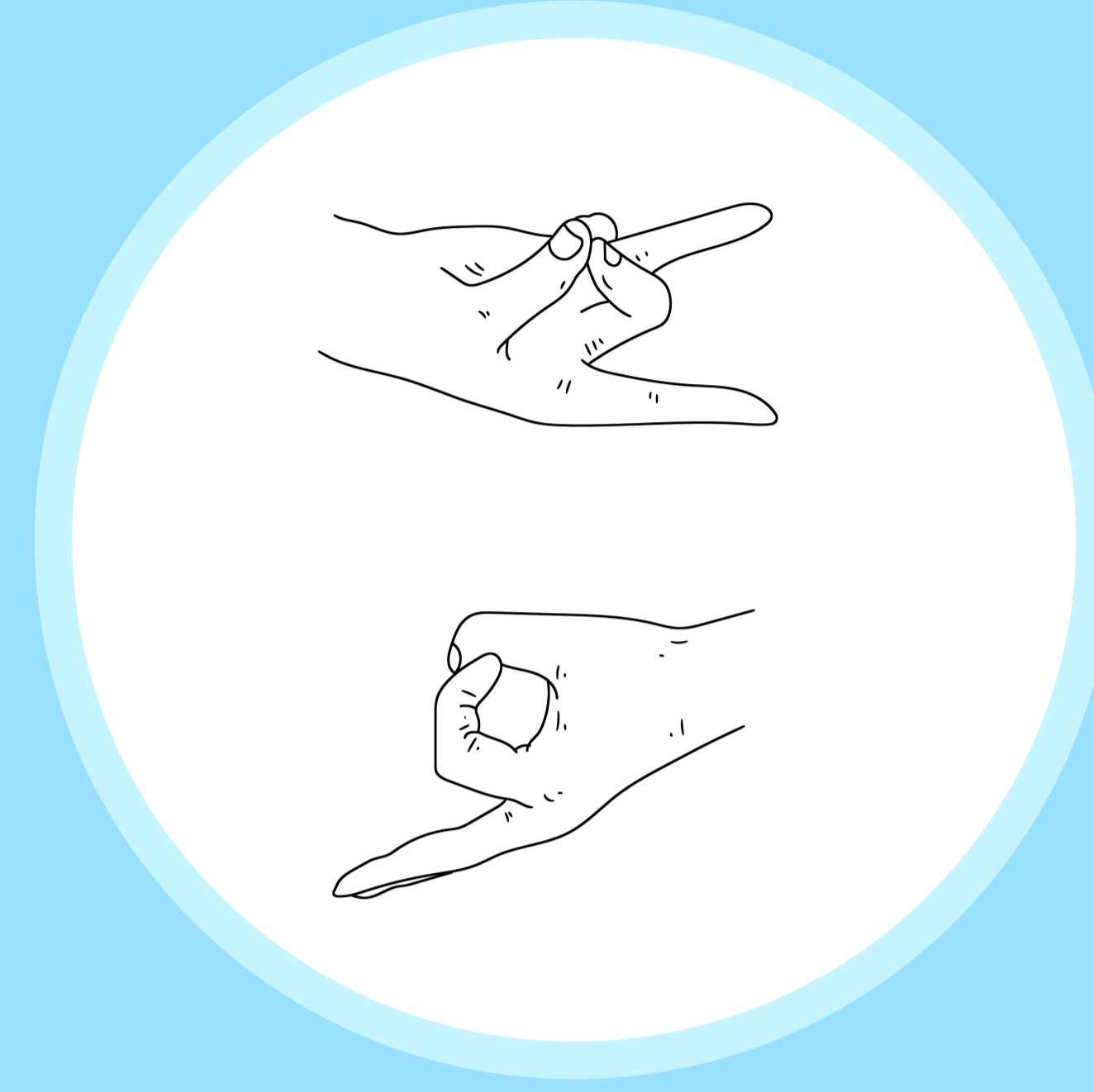
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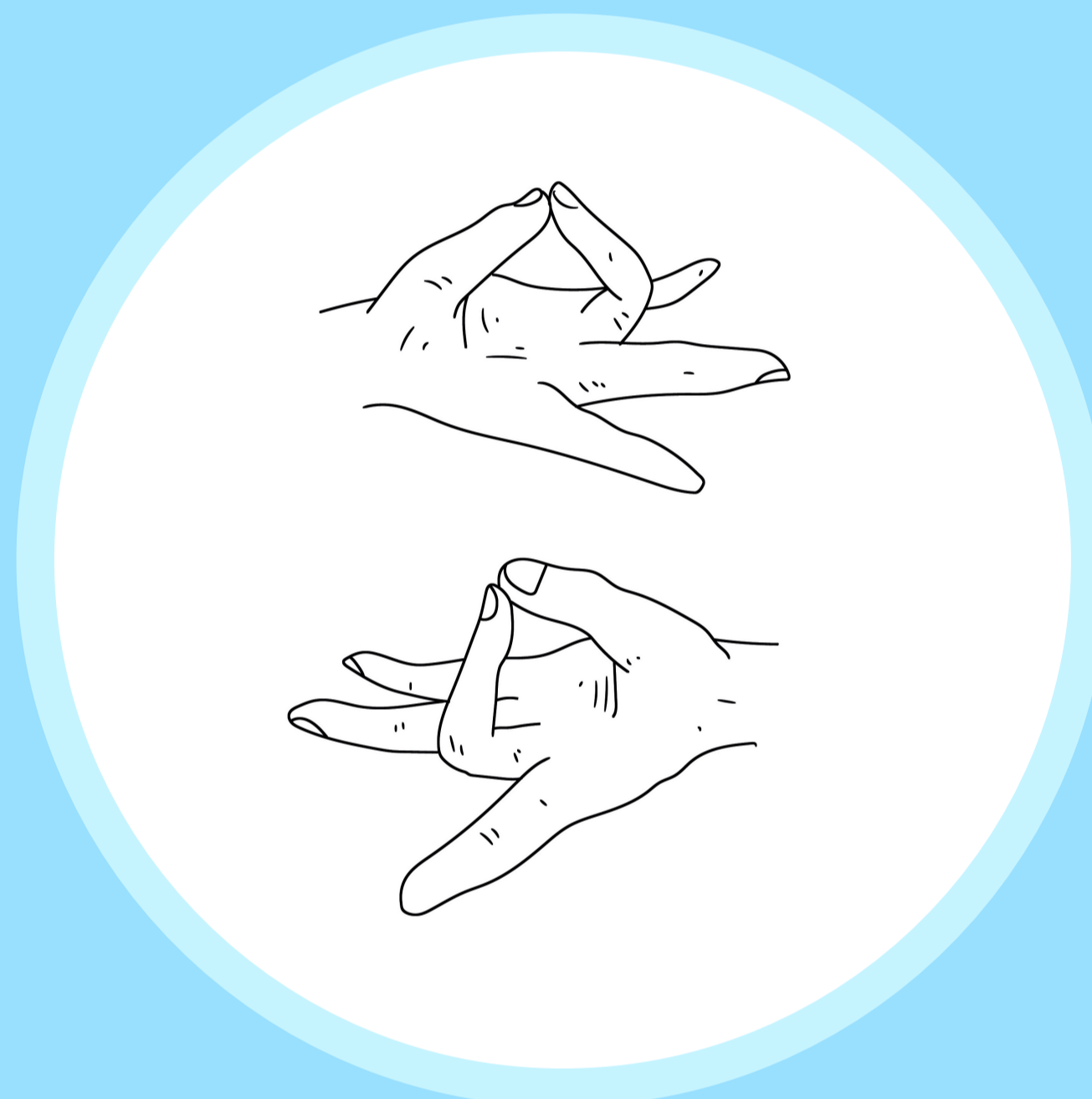
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Find a Great PT



Back Mudra



Joint Mudra

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