

# Coccyx (Pain and Displacement)

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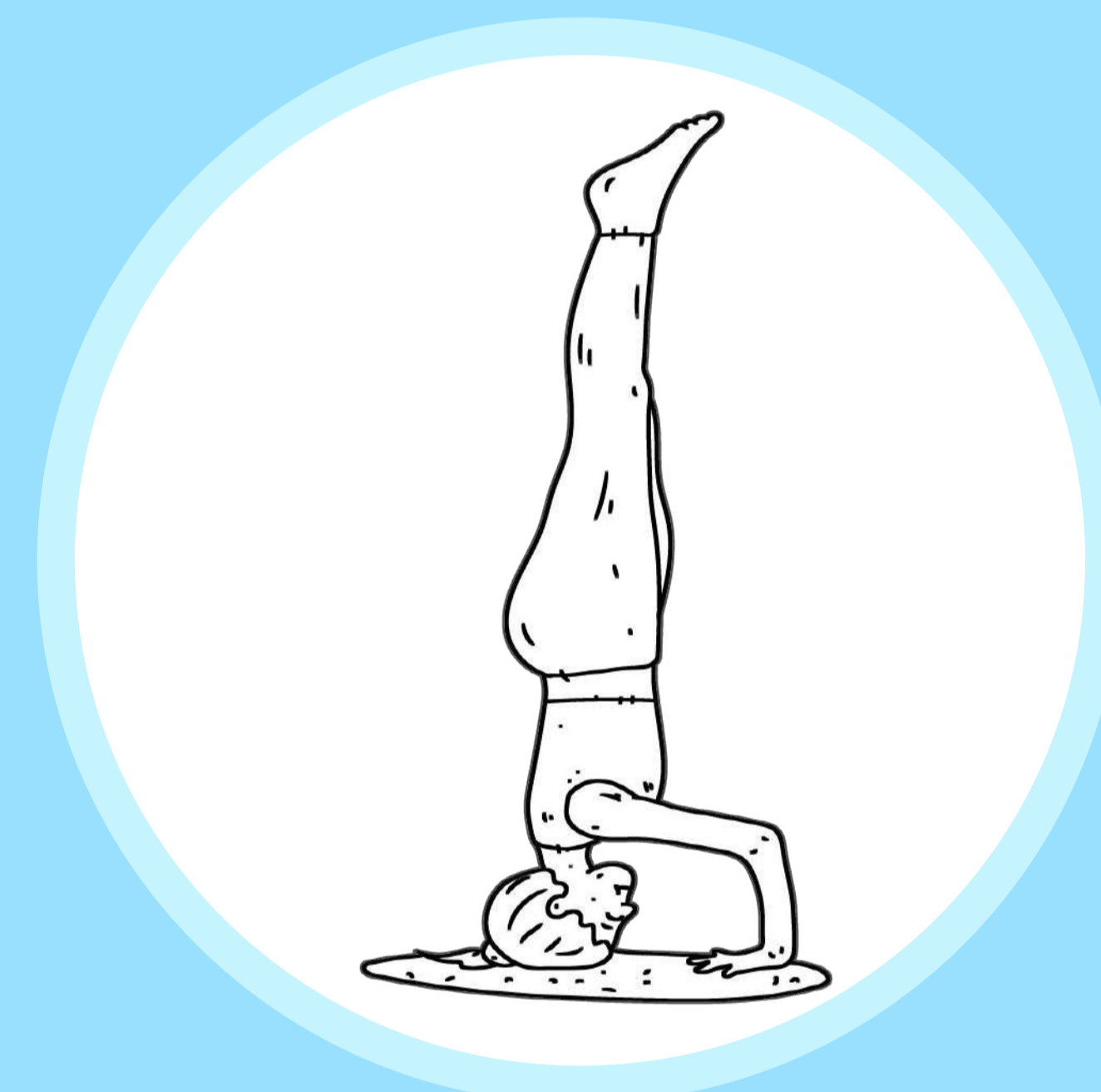
Vīrāsana  
(hero)



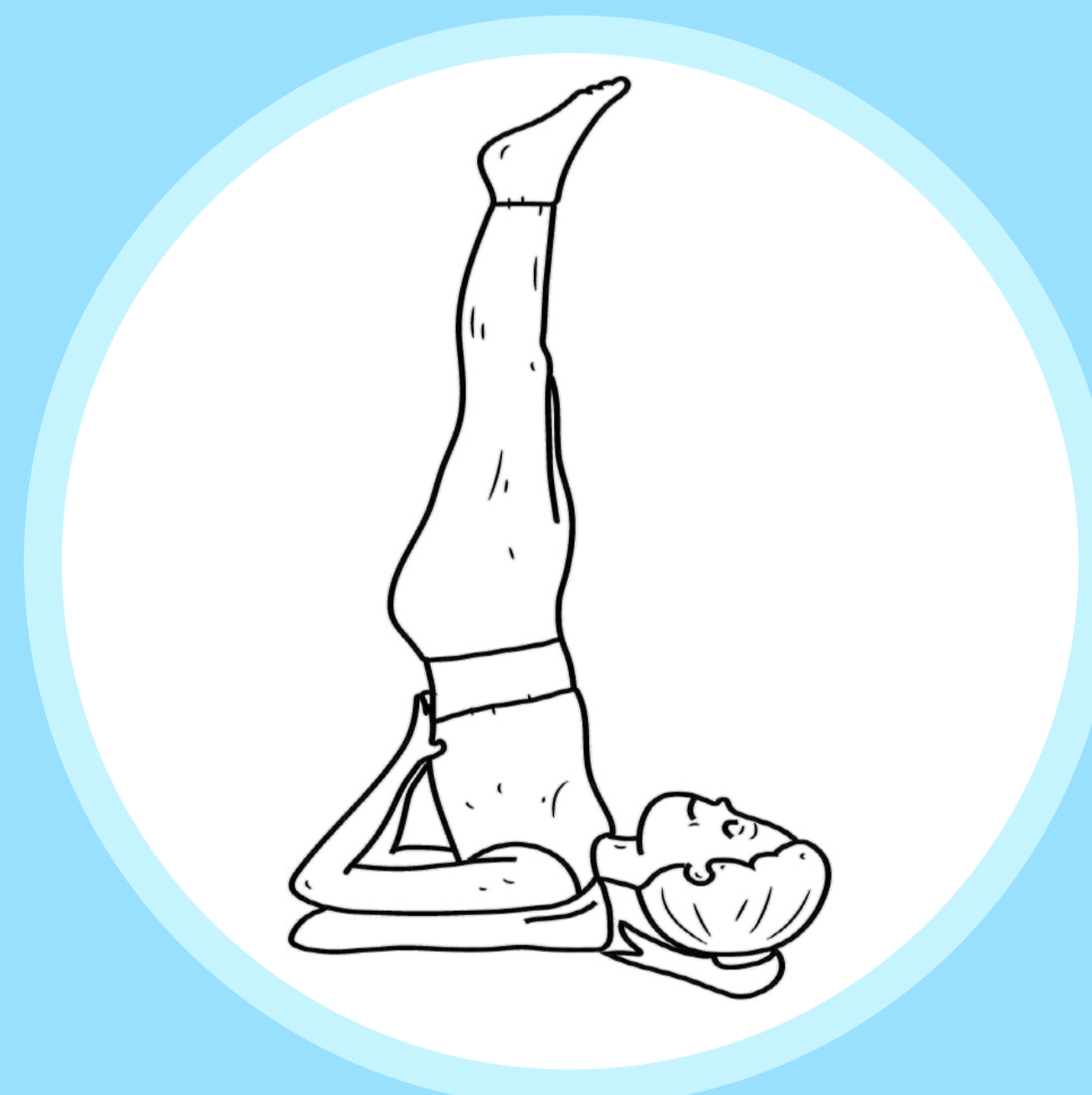
Supta Virasana  
(reclining horse)



Padmāsana  
(lotus)



Sirsasana  
(head stand)



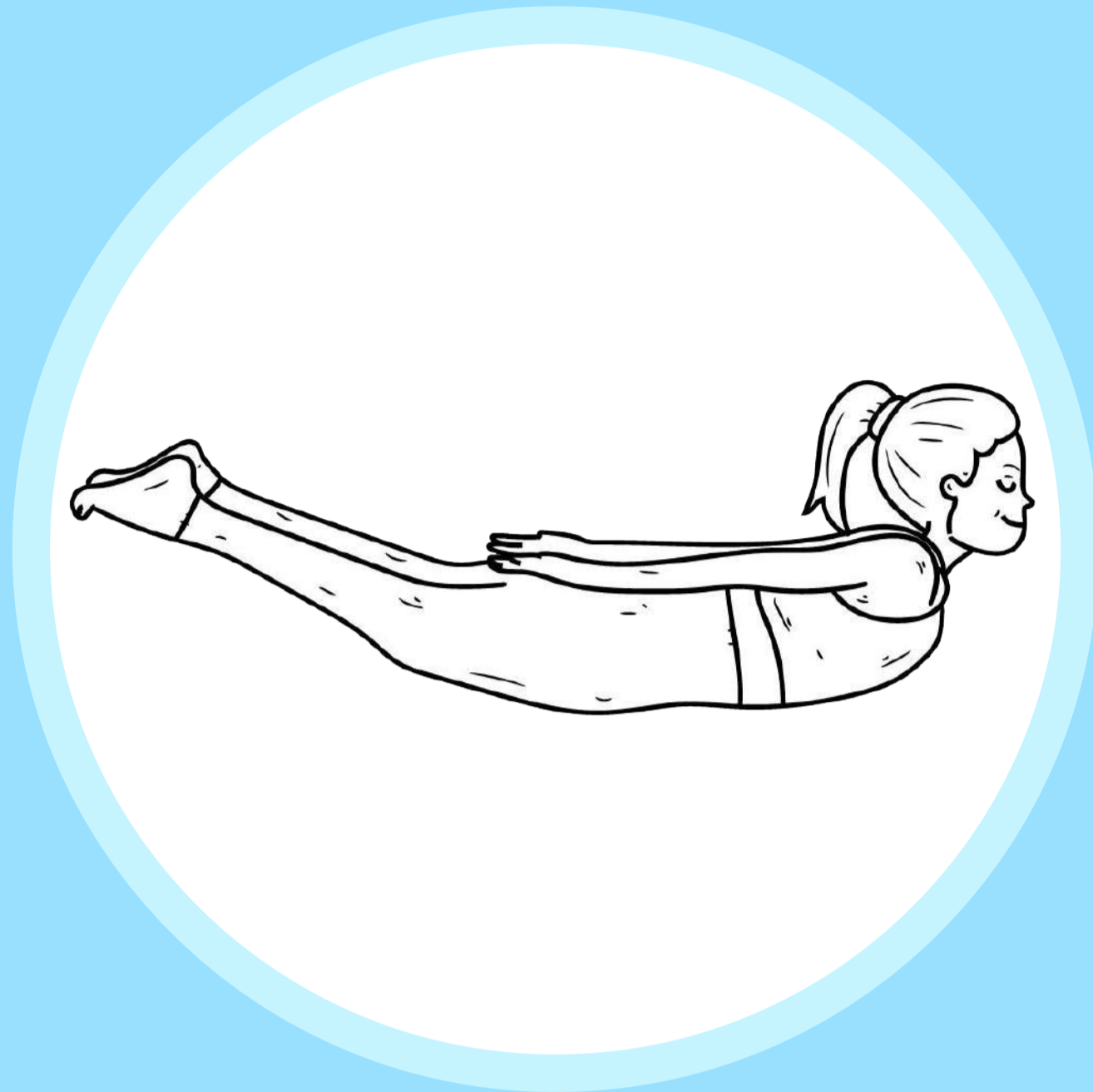
Sarvāngāsana  
(shoulder stand)



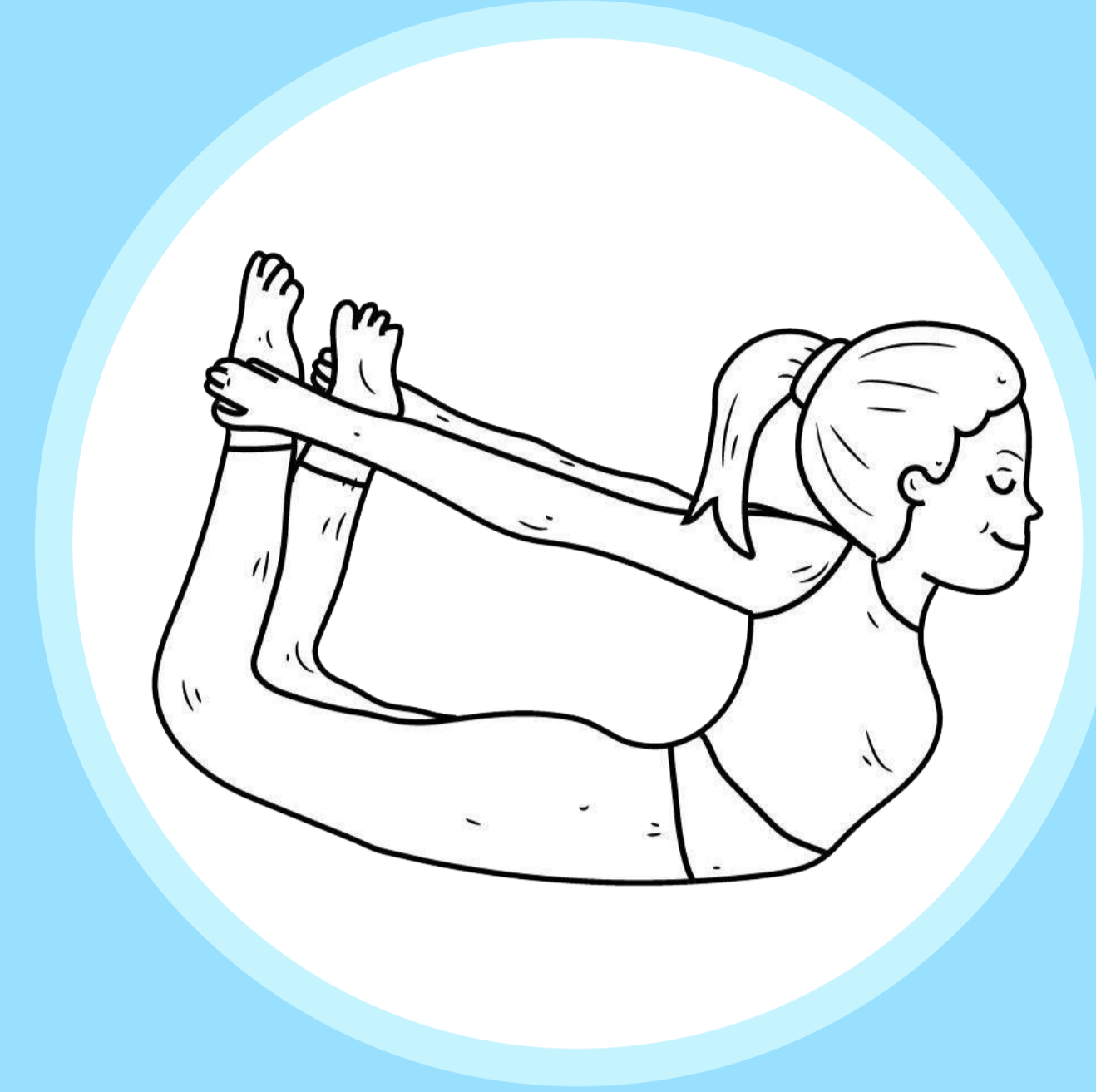
Ekapāda Sarvāngāsana  
(one leg, all limbs)

# Coccyx (Pain and Displacement)

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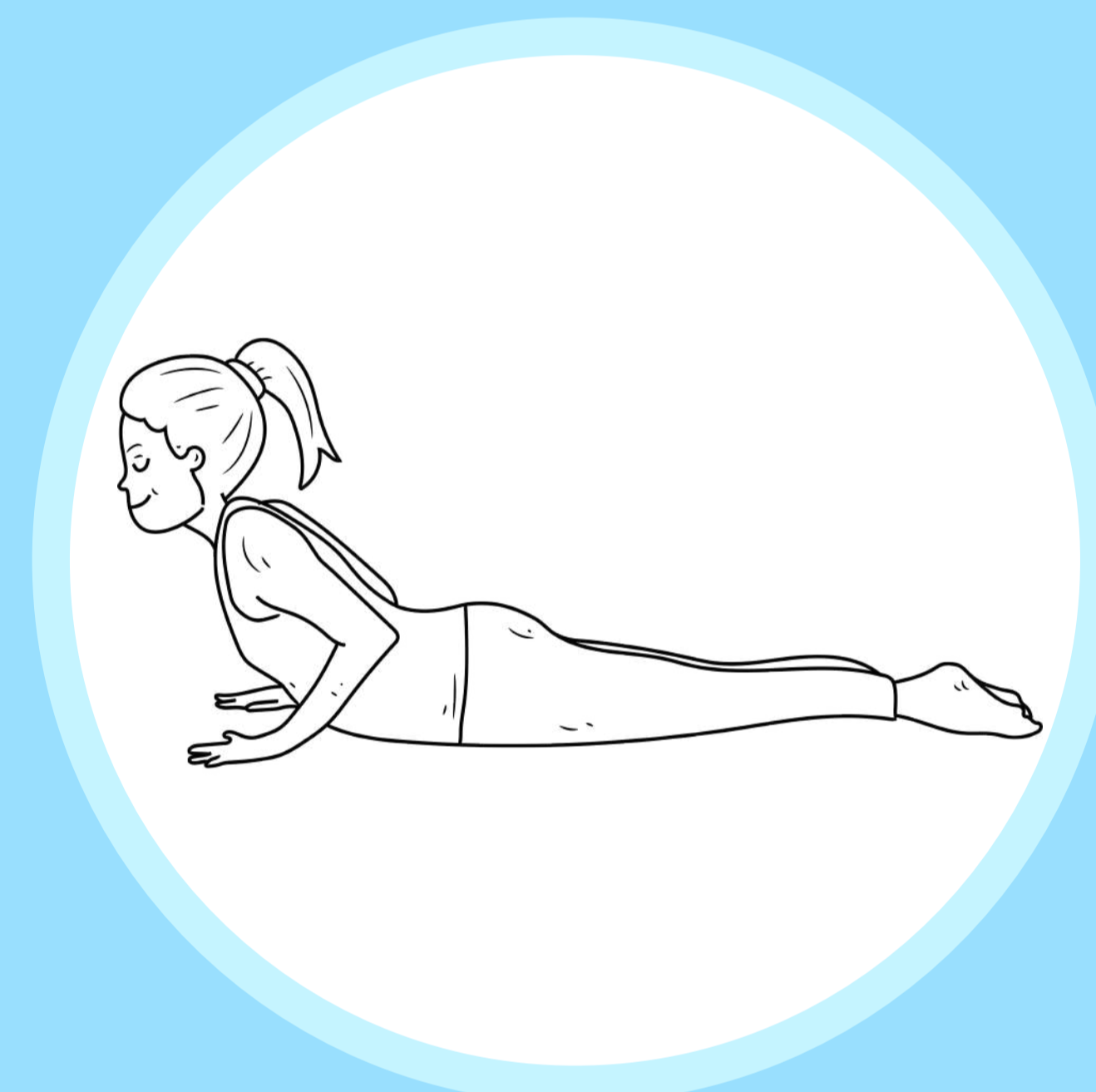
Śālābhāṣana  
(locust)



Dhanurāsana  
(bow)



Pārśva Dhanurāsana  
(side bow)



Bhujangāsana I  
(cobra I)



Bhujangāsana II  
(cobra II)



Adhomukha Vr̥kṣāsana  
(handstand)

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



Pincha Mayūrāsana  
(peacock feather)



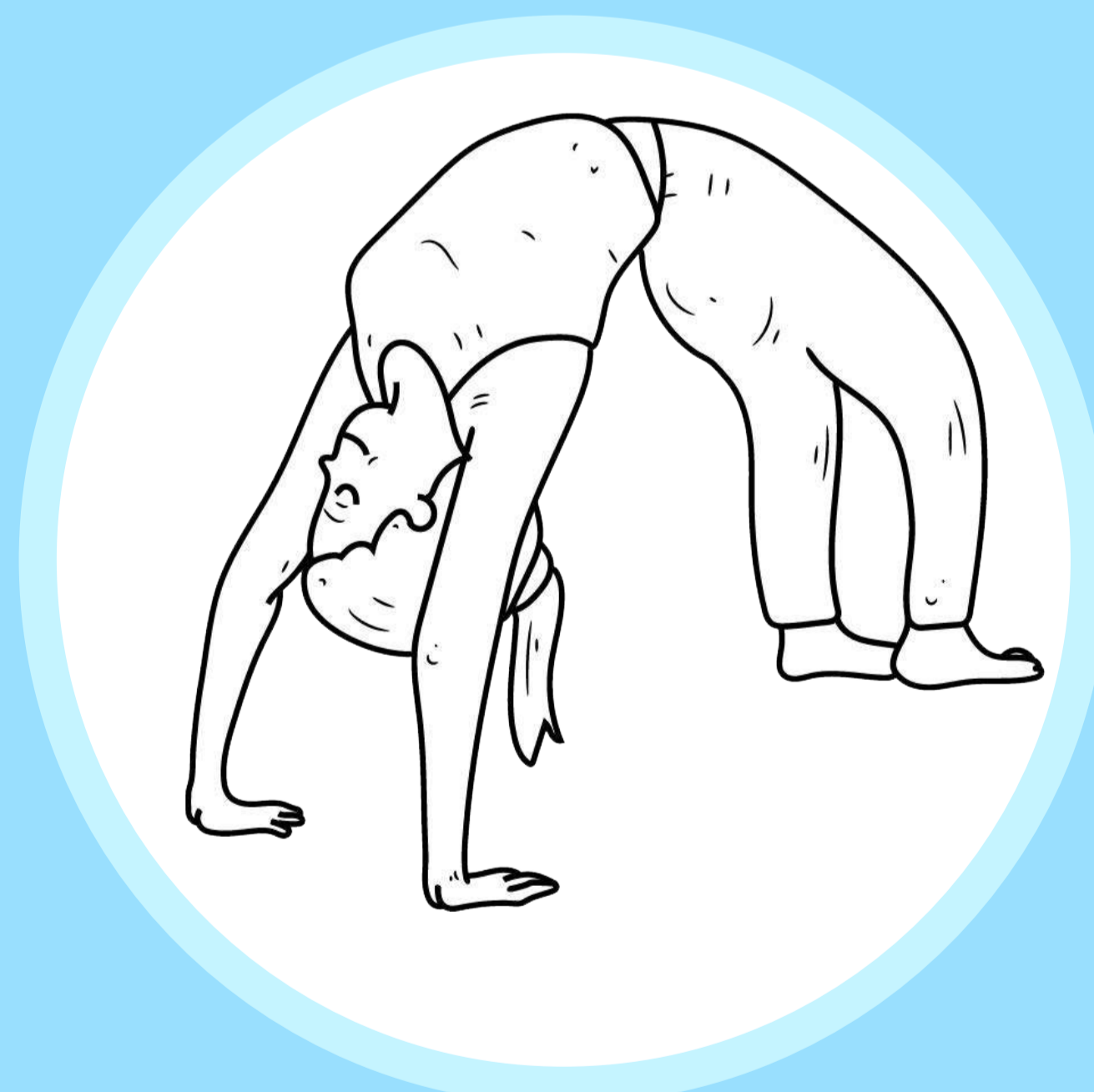
Ūrdhva Mukha Śvānāsana  
(upward dog)



Vātāyanāsana  
(horse)



Ūṣṭrāsana  
(camel)



Chakrāsana  
(wheel)



Dwipāda Viparīta Daṇḍāsana  
(two-legged inverted staff)

## Coccyx (Pain and Displacement) (p. 4 of 6)



Kapotāsana  
(pigeon)



Laghuvajrāsana  
(little thunder)



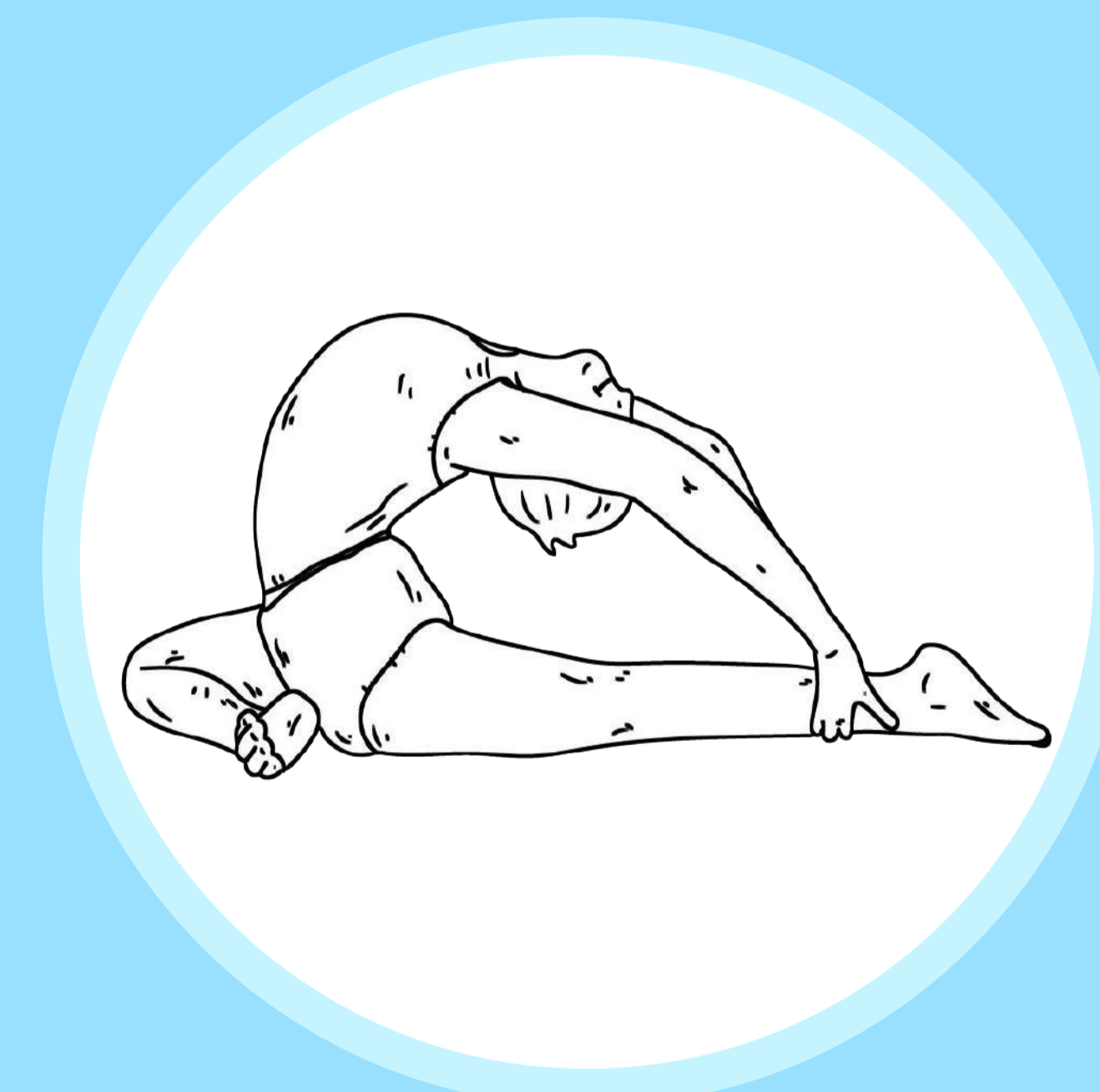
Vṛiśchikāsana I  
(scorpion I)



Rājapotaśana  
(king pigeon)



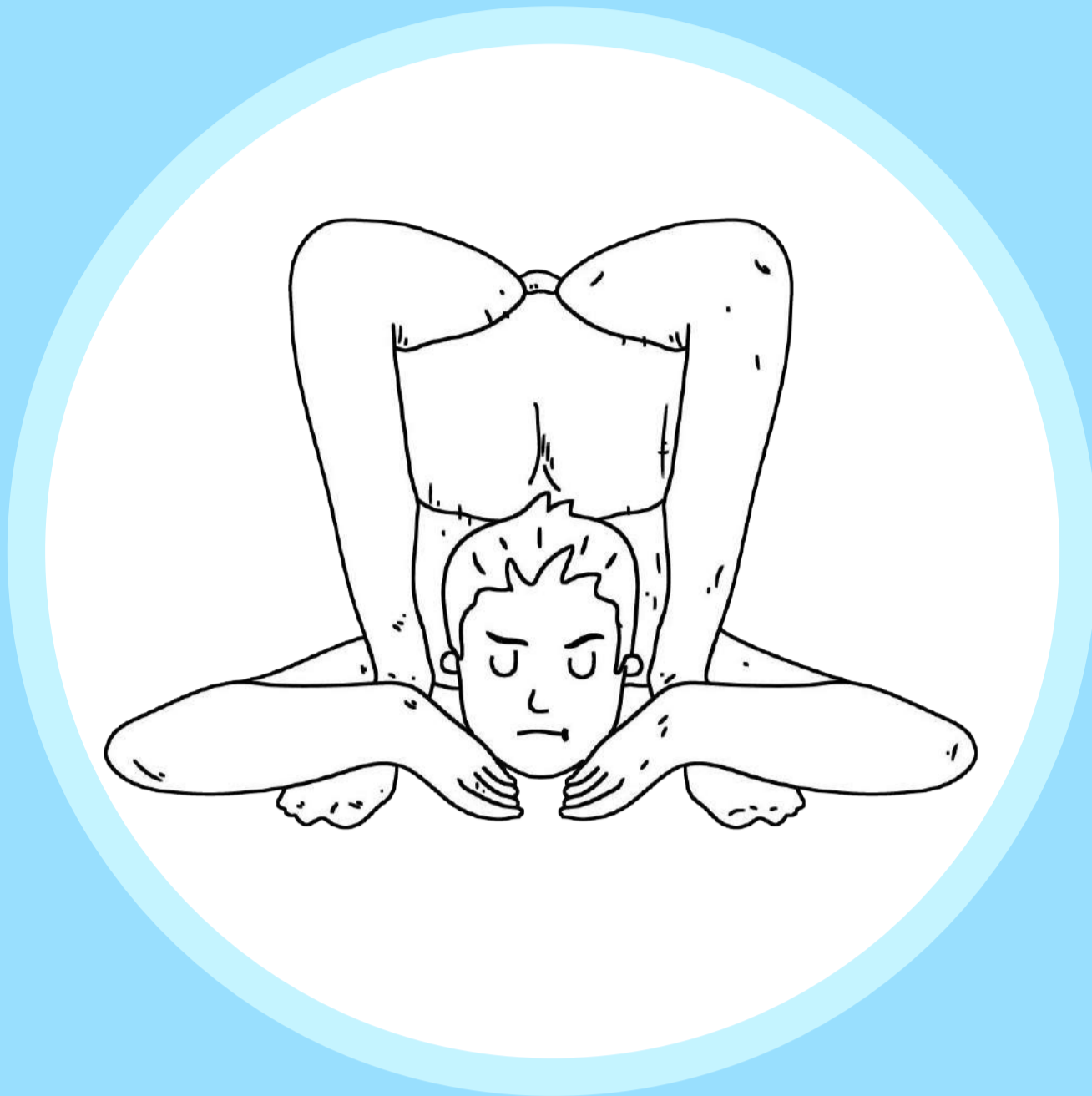
Eka Pāda Rājapotaśana  
(king pigeon)



Vālahilyāsana  
(heavenly spirit)

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

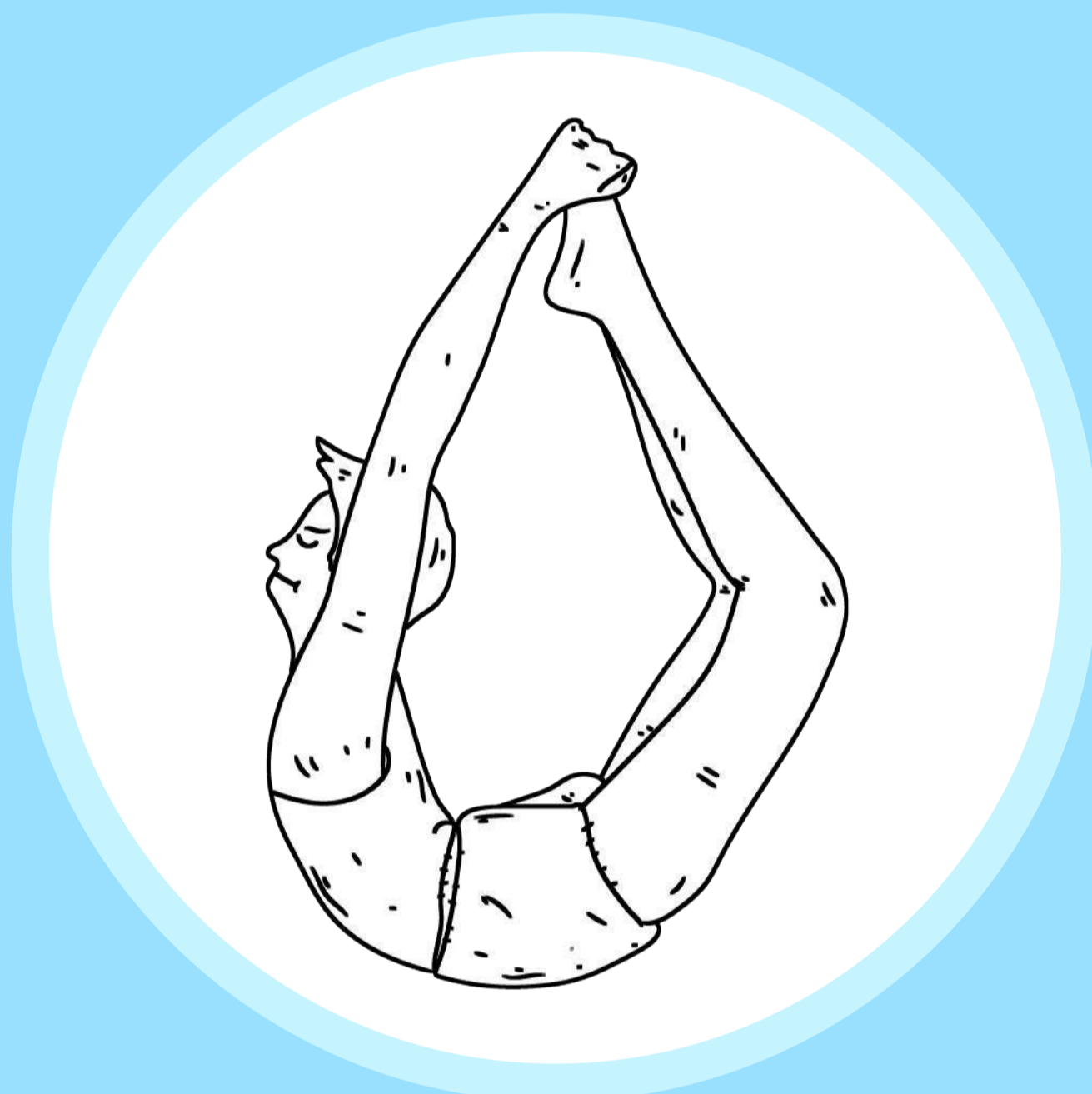
## Coccyx (Pain and Displacement) (p. 5 of 6)



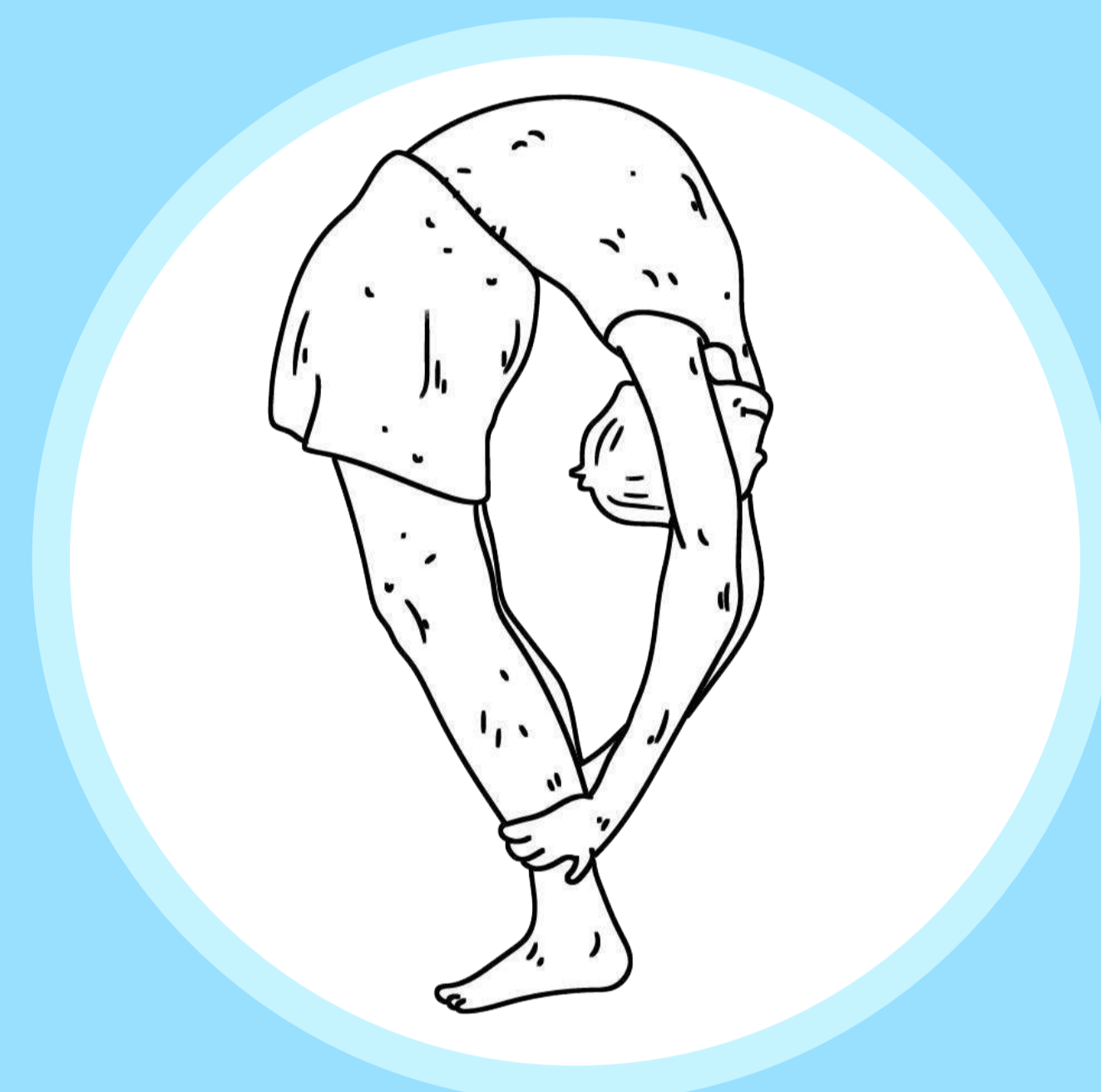
Gaṇḍa Bheruṇḍāsana  
(side of face terriable)



Viparīta Śālabhāsana  
(reverse locust)



Pādānguṣṭha Dhanurāsana  
(foot big toe boe)



Tiriang Mukhottānāsana  
(upside down face)



Hanumānāsana  
(splits)



Mūlabandhāsana  
(root lock)

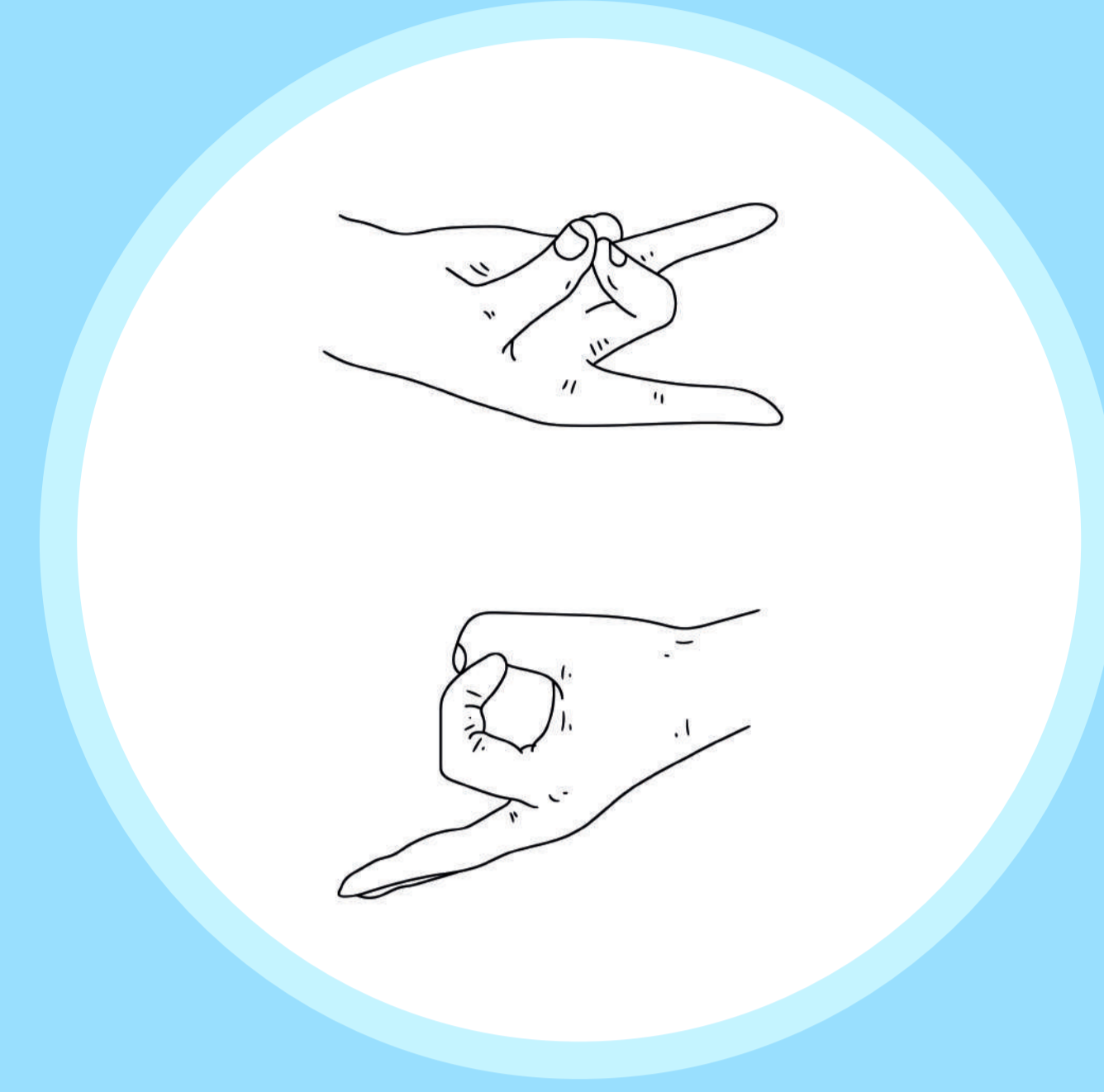
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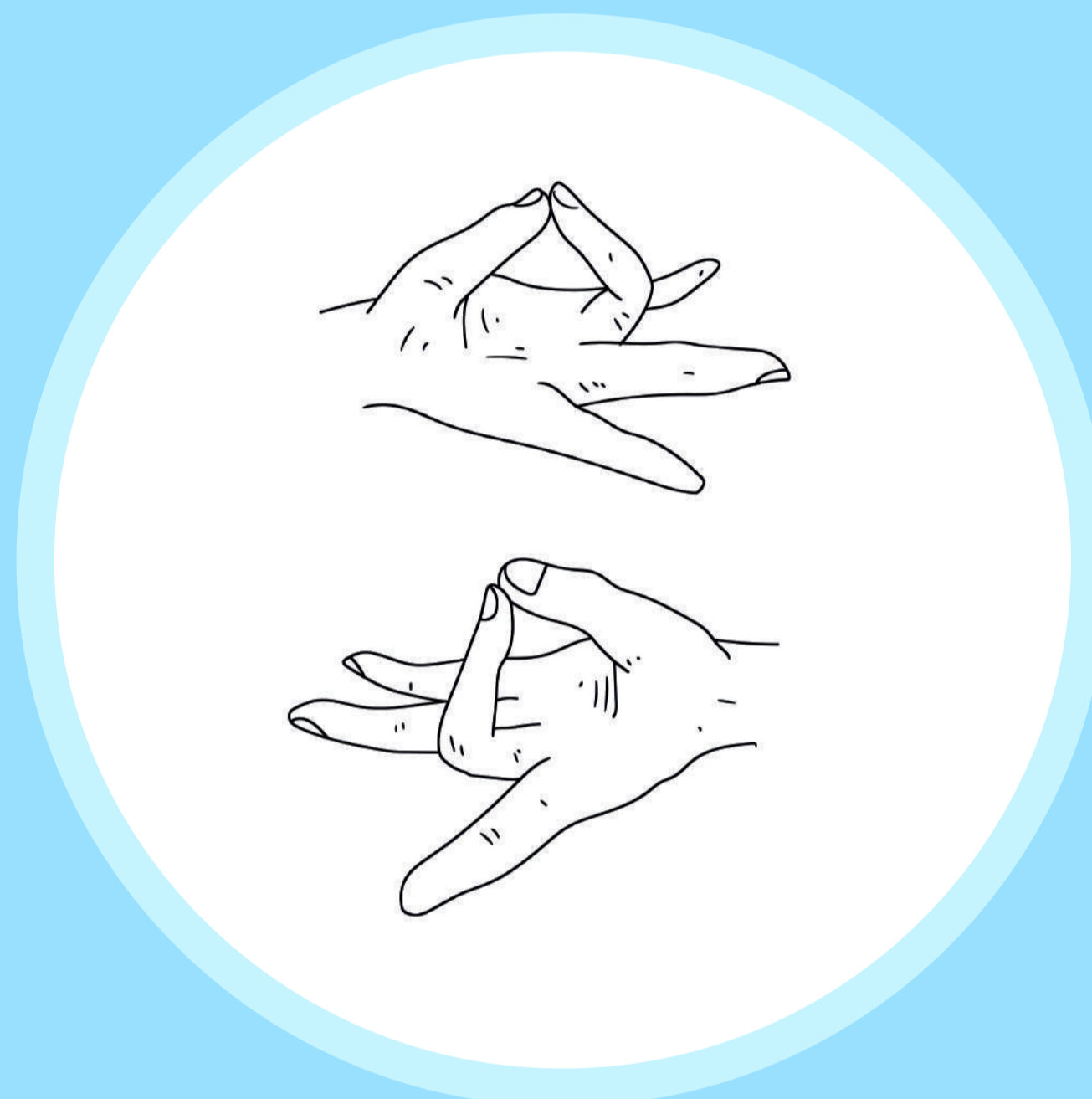
# Coccyx (Pain and Displacement) (p. 6 of 6)



Find a Great PT



Back Mudra



Joint Mudra

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