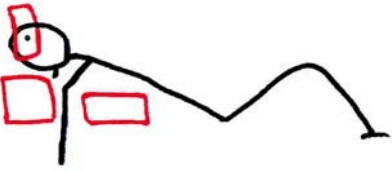
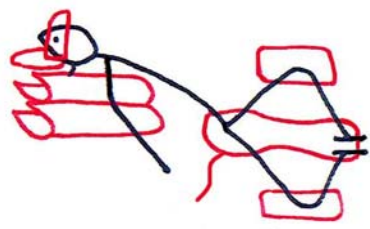

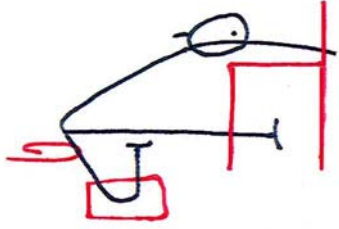
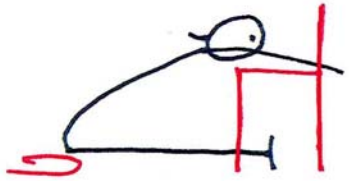
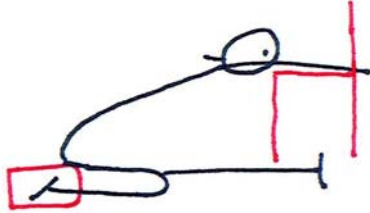


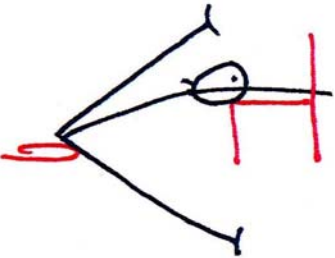



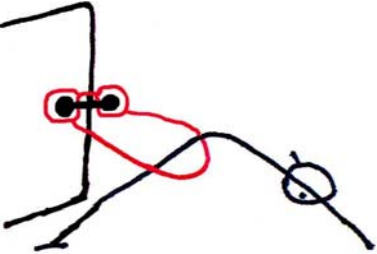
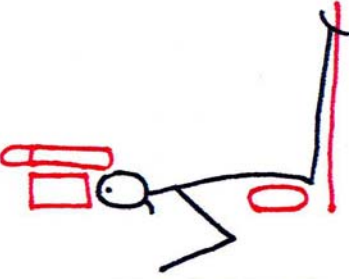
# Migraine / Headache Sequence

Poses that will help ease the pain of migraines and headaches

 <p>Block Backbend</p>	<ul style="list-style-type: none"> <li>• Lay block across mat on low height, second block perpendicular to first on mid height</li> <li>• Lie over blocks with shoulder blades on low block and head on other, arms draped to sides, palms up, knees bent or straight</li> <li>• Cover eyes</li> <li>• <b>5 minutes</b></li> </ul>	 <p>Reclining Bound Angle (Supta Baddha Konasana)</p>	<ul style="list-style-type: none"> <li>• Lie on two long-folded blankets with soles together and knees apart</li> <li>• You may want to support the head or wrap a looped strap around the sacrum, inner legs and under the feet to lengthen the back</li> <li>• Cover eyes</li> <li>• <b>5 minutes</b></li> </ul>
 <p>Downward Facing Hero (Adho Mukha Virasana)</p>	<ul style="list-style-type: none"> <li>• Kneel with knees hips distance apart, hips resting on feet</li> <li>• Stretch arms overhead</li> <li>• Rest forehead on floor</li> <li>• <b>5 minutes</b></li> </ul>	 <p>Head-to-Knee Pose (Janu Sirsasana)</p>	<ul style="list-style-type: none"> <li>• Sit on edge of folded blanket with L leg straight, R knee bent propped on blanket or block</li> <li>• Extend torso forward to rest forehead on chair, arms stretched out</li> <li>• <b>2 minutes each side</b></li> </ul>
 <p>Forward Bend (Pascimottanasana)</p>	<ul style="list-style-type: none"> <li>• Sit on edge of folded blanket with both legs stretched out</li> <li>• Extend torso forward to rest forehead on chair, arms stretched out</li> <li>• <b>2 minutes</b></li> </ul>	 <p>Trianga Mukhaikapada Pascimottanasana</p>	<ul style="list-style-type: none"> <li>• Sit with R leg folded under and L leg straight</li> <li>• Extend torso forward to rest forehead on chair, arms stretched out</li> <li>• <b>2 minutes</b></li> </ul>

# Migraine / Headache Sequence

Poses that will help ease the pain of migraines and headaches

 <p>Wide Angle Forward Bend (Upavistha Konasana)</p>	<ul style="list-style-type: none"> <li>• Sit on edge of folded blanket with legs straddling chair</li> <li>• Extend torso forward to rest forehead on chair, arms stretched out</li> <li>• <b>3-5 minutes</b></li> </ul>	 <p>Standing Forward Bend (Uttanasana)</p>	<ul style="list-style-type: none"> <li>• Stand facing back of chair with blanket over chair back and block in seat</li> <li>• Stand up tall and bend forward from waist over chair back</li> <li>• Rest head on block, arms hang down</li> <li>• <b>5 minutes</b></li> </ul>
 <p>Seated Twist (Chair Bharadvajasana)</p>	<ul style="list-style-type: none"> <li>• Sit sideways in chair with feet under knees</li> <li>• Sit up tall and turn to R holding back of chair with elbows out</li> <li>• Try to turn spine evenly</li> <li>• <b>30-60 seconds per side, repeat twice</b></li> </ul>	 <p>Standing Twist (Utthita Marichyasana)</p>	<ul style="list-style-type: none"> <li>• Stand facing seat of chair with R side to wall</li> <li>• Step R foot into chair (might need block also) and be sure that knee is above hip</li> <li>• Stand up tall and turn to R bringing L elbow to outside of R knee, hands on wall shoulder height</li> <li>• <b>30-60 seconds per side, repeat twice</b></li> </ul>
 <p>Rope Downward Dog (Rope Adho Mukha Svanasana)</p>	<ul style="list-style-type: none"> <li>• Wrap large looped strap around door knob of open door</li> <li>• Step into strap facing away from door and place strap on tops of thighs</li> <li>• Slowly come into forward bend and step feet back around door as you reach arms out</li> <li>• <b>5 minutes</b></li> </ul>	 <p>Viparita Karani</p>	<ul style="list-style-type: none"> <li>• Sit beside wall, swing legs up as your lie torso back</li> <li>• Support lumbar with long-folded blanket or bolster</li> <li>• Bring block to crown of head and lie sandbag on block so some of it rests on forehead</li> <li>• Alternatively you can lightly wrap head and eyes in ace bandage</li> <li>• <b>5 minutes</b></li> </ul>