

## Headaches and Migraines

Headaches and migraines have many triggers and it's wise to get checked out if you suffer from headaches that are persistent or frequent or if you experience a severe headache that begins suddenly. But once you've established the cause of your headaches, complementary therapies, especially yoga, Indian head massage and acupuncture (we can recommend Mark Popplewell at Thornhill Chinese Medicine Clinic, [www.thornhillchinamed.co.uk](http://www.thornhillchinamed.co.uk)) can provide an effective alternative to painkillers and indeed substantially reduce the frequency of attacks.

An Inside Out yoga class can particularly help if your headache is triggered by the following:

- Stress, tension or anxiety
- Poor postural habits
- Caffeine withdrawal or hangovers (this is your conscience speaking - we know you don't really want to do yoga when you're hung over, but you will feel better for practising!)
- Persistent sinus problems
- Chronic contraction of the neck, scalp or shoulder muscles

There are very specific yoga postures to help reduce the severity and frequency of headaches and migraines, which you need to learn from a tutor, but you can always try laying on your back in a darkened room, focussing on relaxing each of your muscles in turn, then imagine that each time you exhale you are letting go of pain and tension. Try to rest for at least 10 minutes, before gently reawakening your body, rolling onto your side and slowly coming up into sitting. Don't jolt or rush, it negates all the relaxing you've just done!

If you would like to find out more about how we can help you cope with headaches and migraines contact us on [isabel@yogainsideout.co.uk](mailto:isabel@yogainsideout.co.uk)