

Mini Yoga set for Headaches

Headache is a big problem for many women with endometriosis. There can be many causes for the headaches and one of them is tension in the back, shoulders and neck. Doing a few yoga poses will make you more flexible in those areas and the blood starts to circulate better. Here is a Mini Yoga Set that can help release tensions. You can do them at home or at work if you're working in front of the computer all day.



Spinal flex

Sit in Easy Pose with your legs crossed. Take hold of your outside ankles with both hands. (If you prefer sitting on a chair place your hands flat, palms facing down on your thighs.) Inhale as you flex your spine forward and lift your chest up, arching your back forward. Exhale as you flex your spine backward and tilt your pelvis back. Keep your head and chin level while keeping your neck still. Continue this movement 1-3 minutes. Relax and rest for a couple of minutes.

Good for the back, opens up the ribcage and is also good for the breathing.



Back Release

Sit in easy pose or on a chair, with your spine straight. Take your hands behind your back, interlace the fingers. Straighten your arms and pull your hands down towards the base of the spine and try to press your elbows together. Breathe Long and Deeply. Continue sitting in this pose for 1-3 min. Relax and rest for a couple of minutes.

Releases shoulder tension, upper back pain and pain in the neck. Opens your heart. A great pose you can do everywhere and anytime!



Neck Roll

Sit in Easy Pose or on a chair with your spine straight. Begin rolling the neck slowly clockwise in a circular motion. Relax the jaws and the shoulders remain relaxed and motionless, and the neck should be allowed to gently stretch as the head circles around. You can imagine drawing a circle with your chin in front of you with a smooth and relaxed motion. If you have problems and pain in your neck, draw a smaller circle and expand it until it feels comfortable. One direction takes 10 seconds and after 10-15 laps reverse the direction and continue for another 10-15 laps. Bring the head to a central position and relax.

Relaxes the muscles in the neck and throat. Opens up the circulation to the brain. Activates pineal gland, pituitary gland and the thyroid.

Yoga for Endometriosis & Pelvic Pain

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