

7 POSES OF YOGA

HELP REDUCE HEADACHE
AFTER COVID-19



1. SEATED CROSS-LEGGED POSE

This restorative yoga pose will help the body to spread a calm and comfort feeling.



2. TRIANGLE POSE

Helps you feel balanced and calm by releasing negative, stressful thoughts from your mind.



3. HALF MOON POSE

Helps the body relax and receive positive energy.



5. LEGS UP THE WALL POSE

help the body to spread a calm and comfort feeling.



6. BRIDGE POSE

Helps relieve headaches caused by muscle tension; the spine, neck and shoulders are stretched, the stiff muscles are released.



7. DOWNWARD DOG POSE

Helps relieve pressure on the hands and wrists by resting the body on the forearm, circulating blood to the brain helps relieve headaches.

