Early to Rise Customer Support

Do you have any specific Yoga, ideally simple, to combat migraine pain from rain/weather headaches?

Kerri -- ETR Customer Support - 2020-02-20 - Yoga

While migraines can be tricky to navigate I have had several clients comment that the Align and Alleviate series in my Yoga for Pain Relief Program resulted in immediate relief from headaches of all kinds. It's a simple series with a lot of breathing and stretches to create alignment in the body and allow energy to flow more easily from head to toe. I always recommend taking a peek at any dietary or environmental sources of irritation as well - gluten, dairy, soy, corn, etc. can contribute to inflammatory responses that may be related to migraines. I hope that helps! Keep me posted. ~Missi"