

# HOME PRACTICE SEQUENCE

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## Headaches

From Yoga As Medicine, edited by Timothy McCall.

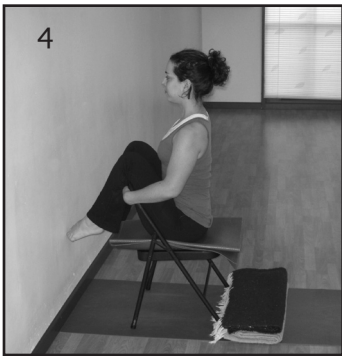
In chapter 18 on headaches, Rodney Yee gives the following sequence.



1 - 2: Viparita Karani  
(Legs-up-the-wall)  
Five minutes or longer.

To enter the pose, sit on one end of the bolsters with hips near the wall and swing legs up the wall.

3. Supta Baddha Konasana  
Five minutes or longer.



4 - 5: Sarvangasana (Chair Shoulderstand)  
Five minutes or longer.

To exit the pose, slide off the chair resting your buttock on the blankets and legs on the chair.

6-7: Ardha Halasana (Half Plow Pose)  
Five minutes or longer.

To enter the pose, swing legs over the chair on an exhale.



8: Janu Sirsasana (One legged forward bend)  
Two or more minutes on each side.

9 - 10: Paschimottasana (Seated forward Bend)  
Two - Five minutes.

Use enough props so that the lumbar spine does not round. Chair version or Paschimottasana (#10) is also good for Janu Sirsasana (#8).