

# Migraine

## 1. Padmasana/ Lotus pose

### Steps-

1. Sit on the floor with your legs straight in front. Bend your right knee and bring the lower leg up into a cradle: The outer edge of the foot is notched into the crook of the left elbow, the knee is wedged into the crook of the right elbow, and the hands are clasped (if possible) outside the shin. Lift the front torso toward the inner right leg so the spine lengthens (and the lower back does not round). Rock your leg back and forth a few times, exploring the full range of movement of the hip joint.
2. Bend the left knee and turn the leg out. Rock your right leg far out to the right, then lock the knee tight by pressing the back of the thigh to the calf. Next swing the leg across in front of your torso, swivelling from the hip and not the knee, and nestle the outside edge of the foot into the inner left groin. Be sure to bring the right knee as close to the left as possible, and press the right heel into the left lower belly. Ideally the sole of the foot is perpendicular to the floor, not parallel.



## **PADMASANA YOGA**

### **Lotus Pose Yoga**

3. Now lean back slightly, pick the right leg up off the floor, and lift the left leg in front of the right. To do this hold the underside of the left shin in your hands. Carefully slide the left leg over the right, snuggling the edge of the left foot deep into the right groin. Again swivel into position from the hip joint, pressing the heel against the lower belly, and arrange the sole perpendicular to the floor. Draw the knees as close together as possible. Use the edges of the feet to press the groins toward the floor and lift through the top of the sternum. If you wish, you can place the hands palms up in *jnana mudra*, with the thumbs and first fingers touching.
4. Padmasana is the sitting asana par excellence, but it's not for everybody. Experienced students can use it as a seat for their daily pranayama or meditation, but beginners may need to use other

suitable positions. In the beginning, only hold the pose for a few seconds and quickly release. Remember that Padmasana is a "two-sided pose," so be sure to work with both leg crosses each time you practice. Gradually add a few seconds each week to your pose until you can sit comfortably for a minute or so. Ideally you should work with a teacher to monitor your progress.

#### Benefits-

1. Calms the brain.
2. Stimulates the pelvis, spine, abdomen, and bladder.
3. Stretches the ankles and knees.
4. Eases menstrual discomfort and sciatica.
5. Consistent practice of this pose until late into pregnancy is said to help ease childbirth.
6. Traditional texts say that Padmasana destroys all disease and awakens kundalini.

## 2. Sirsasana/ Headstand or Salamba Sirsasana/ Supported headstand

#### Steps-

1. Use a folded blanket or sticky mat to pad your head and forearms. Kneel on the floor. Lace your fingers together and set the forearms on the floor, elbows at shoulder width. Roll the upper arms slightly outward, but press the inner wrists firmly into the floor. Set the crown of your head on the floor. If you are just beginning

to practice this pose, press the bases of your palms together and snuggle the back of your head against the clasped hands. More experienced students can open their hands and place the back of the head into the open palms.

2. Inhale and lift your knees off the floor. Carefully walk your feet closer to your elbows, heels elevated. Actively lift through the top thighs, forming an inverted "V." Firm the shoulder blades against your back and lift them toward the tailbone so the front torso stays as long as possible. This should help prevent the weight of the shoulders collapsing onto your neck and head.
3. Exhale and lift your feet away from the floor. Take both feet up at the same time, even if it means bending your knees and hopping lightly off the floor. As the legs (or thighs, if your knees are bent) rise to perpendicular to the floor, firm the tailbone against the back of the pelvis. Turn the upper thighs in slightly, and actively press the heels toward the ceiling (straightening the knees if you bent them to come up). The center of the arches should align over the center of the pelvis, which in turn should align over the crown of the head.



4. Firm the outer arms inward, and soften the fingers. Continue to press the shoulder blades against the back, widen them, and draw them toward the tailbone. Keep the weight evenly balanced on the two forearms. It's also essential that your tailbone continues to lift upward toward the heels. Once the backs of the legs are fully lengthened through the heels, maintain that length and press up through the balls of the big toes so the inner legs are slightly longer than the outer.
5. As a beginning practitioner stay for 10 seconds. Gradually add 5 to 10 seconds onto your stay every day or so until you can comfortably hold the pose for 3 minutes. Then continue for 3 minutes each day for a week or two, until you feel relatively comfortable in the pose. Again gradually add 5 to 10 seconds onto your stay

every day or so until you can comfortably hold the pose for 5 minutes. Come down with an exhalation, without losing the lift of the shoulder blades, with both feet touching the floor at the same time.

Benefits-

1. Calms the brain and helps relieve stress and mild depression.
2. Stimulates the pituitary and pineal glands.
3. Strengthens the arms, legs, and spine.
4. Strengthens the lungs.
5. Tones the abdominal organs.
6. Improves digestion.
7. Helps relieve the symptoms of menopause.
8. Therapeutic for asthma, infertility, insomnia, and sinusitis.