

Yoga for Pain Management

Yoga translates to Union

Union happens when we bring all the scattered parts of ourselves back to balance

There is a lot of research to support that yoga, being a mind and body practice, does help in managing pain in the following conditions:

- Fibromyalgia
- Chronic pain
- Low back pain
- Headaches
- Neck pain
- Arthritis, both OA and RA
- Endometriosis
- Lymphedema
- Multiple Sclerosis (MS)

As a certified Yoga Therapist and Holistic Health Practitioner with over fifteen years of experience I can personally report that I have seen improvement in quality of life and pain levels in many of the above conditions with the people I have worked with.

We must also consider the emotional pain of illness and disease and the far-reaching impact this has on quality of life. Having worked with people recovering from strokes, heart attacks and hypertension I can honestly say that yoga has a huge range of practices to support people on many levels.

The most crucial point is that we must get to the underlying cause of any disease. We must delve into the long-held patterns of stress stored in the body from trauma, and gently begin to let this go, let the body breathe and begin to move more freely as pain is acknowledged and released.

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Yoga therapy is a practice that can do this, and I can help you reclaim your health, breath by breath, step by step with a program designed uniquely for you.

Because pain causes us to tense up and hold ourselves in a state of tension, it can be very helpful to learn to relax. Here's a quick technique to try:



Take a breath in and tense every muscle in your body. Scrunch your face, tense and hold – then RELEASE.

Do this three times, holding the tension longer each time, then notice how you feel. Spend a few moments noticing your breath entering your body and feeling it leaving. Try being fully present with your breathing for ten breaths.

You might feel the coolness of your breath as it enters your nose and the warmth as it leaves.

If you are comfortable, let your eyes close as you notice your breathing.

After ten breaths, open your eyes and notice how you feel now.



Repeat this as often as it helps. You might even set an alarm on your phone to remind you to do this throughout the day.

For more guidance, you can work with me one on one or you can access my free resources from my website where you can listen to my weekly podcast, read my blog posts, and watch my YouTube channel where you can access yoga and meditation practices free.

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