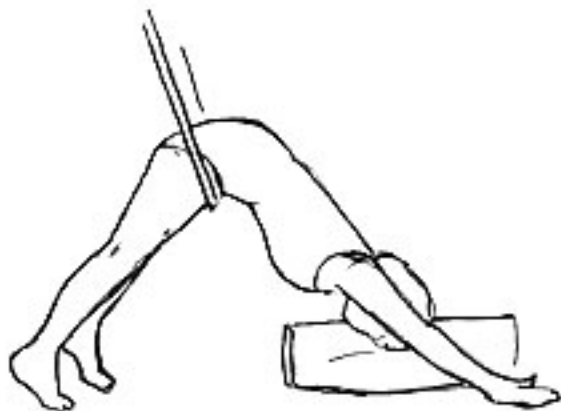
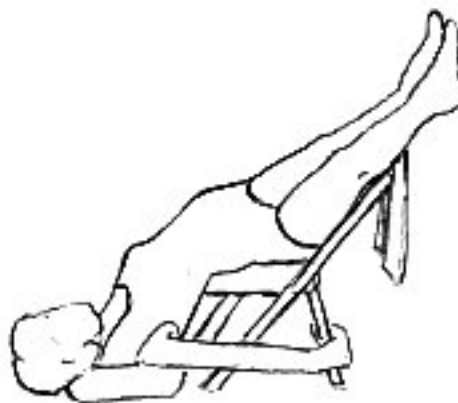


# YOGA THERAPY FOR HEADACHE



**ROPE ADHO  
MUKHA SVANASANA**



**CHAIR SARVANGASANA**



**VIPARITA KARANI**



**SAVASANA**