

MIGRAINE YOGA



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Migränyoga

Per Söder

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“Don’t just sit there suffering, do something! It is possible to cure your headaches. You don’t have evil spirits inside your head, and you are not being punished by God. You have a physical problem that you can solve,” says physician and yoga teacher Dr Dharma.

Migraine and tension-type headaches are mysterious illnesses and painful conditions that no doctor can really explain. Still to this day we don’t know exactly what happens inside your head when the pain starts radiating.

Ten years ago, Per Söder decided to do something about his severe migraine, after four decades that had been characterised by recurring attacks. Since medicines didn’t help, he turned to a yoga teacher and was put on a yoga programme to handle the headaches. After slightly less than a year, Per had taken command of his headaches and his life. Now he does 20 minutes of yoga every day and lives a life free from the pain of migraine.



About the author:

Per Söder is the managing director of a conference centre and a former sports teacher. He has been a yoga instructor since 2004 and is now specialised on medial yoga for people who suffer from migraine and other types of severe headaches. He lectures on yoga, migraine and Ayurveda and teaches yoga teachers techniques against migraine. *Migraine yoga* is Söder’s debut

as an author and this is a book that many have been waiting for.

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