

YOGA POSES

FOR SORE MUSCLES & STIFFNESS

TENSION HEADACHE



Seated Forward Bend

Soothes headache and reduces fatigue.

TIGHT JAW



Lion Pose

Relieves tension in the neck, chest, jaw, and face.

TIGHT HIPS



Half Lord of the Fishes Pose

Stretches the hips and gently twists the spine.

SWOLLEN LEGS



Legs-up-the-Wall Pose

Relieves tired or cramped legs and feet.

STIFF NECK



Cat Cow Pose

Gently stretches the neck and entire spine.

TIGHT SHOULDERS



Eagle Pose (arms only)

ACHY LOW BACK



Bharadvaja's Twist

Relieves lower backache, neck pain, and sciatica

TIRED FEET



Hand-to-Big-Toe Pose

Stretches & improves flexibility of all muscles from head to toe.



Visit Arnicare.ca for more tips on easing sore muscles and everyday pain.

