

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.

YOGA POSES

FOR SORE MUSCLES & STIFFNESS



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STIFF NECK



Cat Cow Pose

Gently stretches the neck and entire spine.

TIGHT SHOULDERS



Eagle Pose (arms only)

Releases tightness between shoulder blades.

ACHY LOW BACK



Bharadvaja's Twist

Best gentle stretch for the spine and hips.

TIRED FEET



Thunderbolt Pose

Stretches the tops of feet and ankles.