

Barrow Neurological Institute

Lewis Headache Center

Yoga Classes for Headache

Complementary for all Lewis Headache Center patients

Successfully treating and managing headache disorders is multifaceted. At Barrow, we believe in treating the patient as a whole, including ways to promote general health and wellness.

Yoga has been listed as safe and effective treatment for all headache disorders. The classes include gentle movement, breathwork and meditation to alleviate pain and calm the nervous system.

The Lewis Headache Center is proud to have a yoga teacher who also specializes in headache physical therapy to teach weekly yoga classes.

All levels of yoga are welcome!

Click or Scan Code to Register for Yoga Classes

Location: 240 W. Thomas Road, Suite 302

Also offered virtually

For information about the class schedule and to register, please email us at **YogaForHeadache@CommonSpirit.org**

Meet the Instructor



Mindy Holleran, DPT, RYT, is a licensed Physical Therapist and Registered Yoga Teacher specializing in headache disorders. In her classes you will be guided through gentle sequences that are supportive of headache conditions, while incorporating the restorative practice of Yoga Nidra.