The ancient practice of yoga can be beneficial for many things in modern life, especially for stress reduction. The combination of breathwork, mindful meditation, and physical postures can help calm the nervous system, which is often overactive in people with migraine.

A study in India found that people with episodic migraine who practiced yoga three to five days a week were able to reduce their intensity and frequency of migraine attacks by 48%.

Even on high pain days, there are forms of yoga called yoga nidra and restorative yoga that can be done with minimal effort or movement, and sometimes without even having to get out of bed.

Studies have shown yoga can improve insomnia and lead to better sleep, a crucial element in migraine prevention.

Yoga can be beneficial for other chronic pain conditions in addition to migraine, such as fibromyalgia. It can also help some of the comorbidities of migraine, such as depression and anxiety.

Just about anybody can do yoga, no matter their age or physical condition. It can even be done in a wheelchair.

Yoga can be an ideal way for people with migraine or other limitations to get the recommended amount of exercise per week because it can be modified to suit one’s pain level.

Even if neck pain or vestibular symptoms accompany migraine, there are appropriate yoga practices and modifications that could be helpful.