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**Yoga and Thyroid Disease**

Information on yoga as an approach for wellness and good health with thyroid disease, including postures specifically focused on the thyroid, such as the shoulder stand known as sarvangasana, that can help hypothyroidism, plus yoga for thyroid cancer.

Articles & Resources

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A review of the positive and healthy role yoga can play in thyroid disease, including the key yoga pose for thyroid health

[Yoga for Thyroid Cancer Survivors](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.thyroid-info.com%2Fyoga%26thyroid.htm%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.thyroid-info.com%2Fyoga%26thyroid.htm')  
Thyroid cancer survivor and yoga instructor Teresa Campana's overview of the role of yoga in wellness with cancer.

[Yoga -- The Path to Enlightenment](file:///C:\Users\Nancy\Desktop\BACKUP\ETEXTS\1%20-%20GILL%27S%20LIBRARY\Health\Thyroid\thyroid.about.com\thyroid\thyroid.about.com\cs\yogathyroid\a\yogaenlighten.htm)   
There are many paths to travel to enlightenment, and Dr. Brian Sheen explores one of the most ancient and perhaps most traveled paths -- yoga.

[Living Well With Hypothyroidism](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.thyroid-info.com%2Fbook.htm%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.thyroid-info.com%2Fbook.htm')  
Features a special section on using yoga for thyroid support, including information and insructions on the special poses that can help thyroid function.

[The Yoga of Alternative Therapy](file:///C:\Users\Nancy\Desktop\BACKUP\ETEXTS\1%20-%20GILL%27S%20LIBRARY\Health\Thyroid\thyroid.about.com\thyroid\thyroid.about.com\cs\yogathyroid\a\yogaalternative.htm)   
You can understand alternative medicine, by looking at the basics of yoga. Dr. Brian Sheen explores this connection and what it means for your health.

[About.com's Yoga Site](javascript:if(confirm('http://yoga.about.com/index.htm%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://yoga.about.com/index.htm')  
About.com's Yoga Guide, Ann Pizer, offers information on all facets of yoga, from introductory/beginner information, to more advanced yoga. Ann teaches and practices vinyasa style yoga classes in Manhattan and Brooklyn, and is a Yoga Alliance Certified instructor. Her site takes the mystery and fear of the unfamiliar out of starting the practice of yoga.

[Yoga In Daily Life Center / US](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.yoga-in-daily-life-usa.com%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.yoga-in-daily-life-usa.com')  
Yoga info, great book, video, audio and supplies, including "Yoga Nidra" relaxation tapes, and terrific "Beginner Yoga" video.

[The Sarvangasana - the Mother of all Yoga Poses!](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fmembers.tripod.com%2F%7Econstro%2Fyoga5.html%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fmembers.tripod.com%2F%7Econstro%2Fyoga5.html')  
A description and illustration of the best overall yoga pose for metabolism, endocrine stimulation and thyroid health.

[Shoulderstand, Animated](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.santosha.com%2Fasanas%2Fsarvanga.html%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.santosha.com%2Fasanas%2Fsarvanga.html')  
Animated gif showing how the shoulderstand is done, from the Yoga Anand Ashram Santosha.com

[The Shoulderstand](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.sivananda.org%2Fshoulder.htm%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.sivananda.org%2Fshoulder.htm')  
From the Sivananda Yoga Vedanta Centers

[YogaClass](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fyogaclass.com%2F%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fyogaclass.com%2F')  
YogaClass offers free online yoga, relaxation and breathing classes, presented in "RealPlayer" video/audio format.

[Yoga FAQ](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.yogasite.com%2Fyogafaq.html%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.yogasite.com%2Fyogafaq.html')  
A good FAQ answering basic questions about yoga.

[Yoga Journal](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.yogajournal.com%2F%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.yogajournal.com%2F')  
They publish a bimonthly magazine, and a directory of yoga teachers and organizations. Their website also features an online directory of teachers.

[Yoga Site](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.yogasite.com%2F%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.yogasite.com%2F')  
Good overview site for information on yoga and all its facets.

[Yoga Teacher Directory](javascript:if(confirm('http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.yogasite.com%2Fteachers.html%20%20\n\nThis%20file%20was%20not%20retrieved%20by%20Teleport%20Ultra,%20because%20it%20is%20addressed%20on%20a%20domain%20or%20path%20outside%20the%20boundaries%20set%20for%20its%20Starting%20Address.%20%20\n\nDo%20you%20want%20to%20open%20it%20from%20the%20server?'))window.location='http://clk.about.com/?zi=1/XJ&sdn=thyroid&zu=http%3A%2F%2Fwww.yogasite.com%2Fteachers.html')  
Resources on how to find a yoga teacher.