

Yoga for Thyroid



The thyroid gland is located deep to this anterior cervical fascia. Here is a good [link](#) I found for patients with thyroid issues and want to perhaps improve things with yoga:



Some of these are for people who've done yoga a lot and not for beginners. Don't do any of the extreme back bends or shoulder stands if you have not done it with an instructor in the past. Do not do severe stretching of front of chest and abdominals if you could be pregnant.



Plank Upward



Camel



Fish



Bridge



Supported Shoulder Stand



Easy

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Some of the positions on this site are not stretches, but they create a space for the thyroid when the head is falling toward the chest and the anterior neck fascia is shortened and slack.

They do make note in this article that some of these positions can stimulate a thyroid, so don't do those ones if you have *hyperthyroid*. Do let me know if you have a thyroid condition.

Let's talk about it. Please email me with any questions or if you need a diagram to understand these written instructions. Best of luck!