

Adriane Dellorco

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RYT200

Yoga for migraine founder



ABOUT

Adriane Dellorco (RYT200) is the founder of Yoga for Migraine, an online community that offers transformational yoga and coaching programs to people living with migraine and headache disorders. She is a lifelong dancer and yoga practitioner who has been living with migraine since 2007. Adriane has been featured in the 2021 Migraine World Summit, Migraine.com, the National Headache Foundation's Heads UP Podcast and in the Migraine Strong blog. In addition to offering monthly yoga classes with Miles for Migraine and teaching at CHAMP's Retreat Migraine, Adriane provides migraine-friendly yoga practices in her online classes and group coaching programs. As a mother of two little ones and a former public school teacher, she brings her life experience of living with migraine into her healing yoga practices. She is proud to advocate in Headache on the Hill and is a member of CHAMP's Education Council for Headache Online (ECHO). Adriane's mission is to help others decrease their own migraine pain and reclaim their freedom with yoga.

CONTACT

- Website: www.yogamigraine.com/
- Yoga For Migraine Facebook Group: www.facebook.com/groups/yogamigraine
- Instagram: [@yogamigraine](https://www.instagram.com/yogamigraine)
- [Grab Adriane's free video **Top 3 Poses for Migraine Relief** when you join the Yoga for Migraine email list.](#)