

Ep #279: A New Possibility: Reducing Migraines with Maria Hykin,
C-IAYT Yoga Therapist Trainee



Full Episode Transcript

With Your Host

Susi Hatelty

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Male Announcer: You're listening to *From Pain to Possibility* with Susi Hatley. You will hear Susi's best ideas on how to reduce or even eradicate your pain and learn how to listen to your body when it whispers so you don't have to hear it scream. And now here's your host, Susi Hatley.

Susi Hatley: Welcome and welcome back. I'm so glad that you're here because I have one of my trainees who is almost a grad. This is so fun. Maria Hyken. This is not her first time on the podcast. She was on it earlier on sharing her experience being a certification trainee.

And today, we're speaking about migraines. Maria herself has had and worked with, struggled with, learned from, grown with migraines over a long period of time. She'll give you more of that history and more of what she's learned. And she's also worked with clientele with migraines.

And this episode really teams up nicely with another episode, episode 187, where I interviewed another trainee who had helped her husband who had had migraines since he was a teenager, and he's now in his sixties and they had gone away. So these two episodes, these paired together, I think will really help you, your clients, if you're someone who isn't a professional, but you work with your like, and you yourself have migraines, I think those these two episodes are really going to provide a lot of information, because there's some interesting research that's been shown.

I learned this from a number of different health professionals that it's more and more seen that there's a strong correlation to of myofascial patterns related to migraines, which is really awesome because it means there's a lot that we can do from a movement, breathing, stillness perspective in order to support people who experience migraines on a regular or an occasional basis. So welcome, Maria. I'm so glad you're here because migraines are a big deal. When you get a migraine or when you feel one coming on, life changes.

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Maria Hykin: Indeed. Thank you, Susi, for having me.

I'm really excited to be here and to share what I can share. So yeah, like just to speak to what you said, like life-changing, I was just explaining to a friend of mine who does not have migraines. And he was like, so how was your trip to New York? And I said, did you have migraines? And I said, it was great because I didn't have to cancel anything. Yes, I had migraines, but I didn't have to cancel anything.

So for me, the measure of success is when I don't have to cancel at the last minute.

Susi Hatley: Isn't that interesting? Interesting. So tell me your history with migraines and give a little bit of runway and then we'll start to unpack a bit more.

Maria Hykin: Sure, absolutely. Well, to make a very long story short, I now think that I have had migraines since I was very little, like maybe four or five, but because I had a lot of tummy ache and vomiting and just being nauseous, but my tummy was always actually very strong.

And so only recently I started thinking like, what was that about? Was it growing pains, just like any kid would be a little bit more sensitive? I think that it was also a manifestation of migraine, which in children could be through tummy ache and vomiting and nausea. So I don't particularly know if that was true or not, but definitely the first migraine I had was hormone related. So when I started to period, this is when I had like a very, very strong migraine episode with again, vomiting and just several days of excruciating pain. And then it just kind of settled.

And I don't know, I mean, settled not in a way that it went away, but I settled with it. And I'm not sure if that's just growing up in the Soviet Union, where everybody's so tough, you know, like you have to overcome pain and whatever. What's a headache, right? Like, no big deal. And so this is how I

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was kind of raised, my mom was never taking me to doctors about headaches or anything like that. She was like, well, take a pill, take a pill, take a pill.

And this is what I have been doing since I was maybe, you know, 13, 14. Every day, I would wake up with a migraine, pop a pill, and move on with my life until the next morning when I wake up and pop a pill and go on. And that happened for a few decades until I moved to New York. And suddenly when I was about 30,34, 35, pills kind of stopped, like over-the-counter pills, like Excedrin and Ibuprofen and stuff like this, which used to help, stopped helping. And I just noticed that I'm taking more and more, and now it's not just the morning, it's during the day, and that's it, at night.

But I still felt like it was manageable, in my opinion. But then a friend of mine was like, you know what, I think you should go to a neurologist and just figure it out, because it's not good to take so many pills. And I'm like, okay, fine. So ironically, the day I was scheduled to go to the neurologist, I had the worst episode of migraine and had to go to ER and all the things, you know, like I had to be put on morphine drip because nothing was helping. So, it was a pretty traumatic experience, and since then, I went to the New York Institute of Headaches, where they did all the studies, again, all the things, it's not a tumor, everything is fine with me, and this is what's frustrating, right? Everything is fine, everything is fine, yet I'm in excruciating pain, so how is everything fine?

Everything is not fine. I used to, for a couple of years, I would take a ton, a ton of narcotics that were prescribed for migraines. Did not help very much, but kind of took the edge off. And then I took a medical leave and went to Cozumel, where I live now, went on a medical leave to Cozumel and kind of... Here, in the two months that I was here, the headaches did not go away, the migraine did not go away, but something changed in me and I decided to quit my job. And so and then I quit my job and I went traveling and then I came back here again and kind of shifted completely.

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I used to be in finance in New York and not that it was super stressful, but still New York is stressful as it is. And in Mexico and Cozumel on a small island, life is completely different. And I decided, oh, I'm going to be a yoga teacher. And they started, you know, doing this and I still lived with migraines just now with heavier drugs, you know, but I was very aware that drugs don't help me. And so since then I was kind of on a mission to figure out what else is possible other than drugs. Not that I am against drugs, I'm totally, you know, fine, take medication as needed, and still do.

But I was aware that that was not the solution. So what really helped me Susi is finding you and following your principles of where the pain is may not necessarily be the problem. And all this, you know, what you talk about the red lights, yellow lights, or whispers versus screams, et cetera, and I started kind of digging into that, and lo and behold, I was able to completely release the migraine for, I didn't have any migraines for about two, three years. It was just so weird to have this pain all my life and to be kind of, well, live with this, and then suddenly you have so much energy and everything is fine, and I'm like, oh my God, what do I do with all this time, with all this energy? But then I did the COVID vaccine and the migraine came back with vengeance and then it started alleviating again and I got COVID and it was two years ago. So for the past three years, the migraine is back.

But the interesting thing is that, and I bet many people who suffer from migraines would attest to that, that for a lot of us, sometimes the neck pain is even worse than the head pain. And what I was able to do first, when I started applying your principles into life, like the first that went was the neck pain. And it took only a month, a month of not even doing any neck exercises. I was like, how is it possible that I used to do all these yoga stretches and nothing would help? And suddenly the neck pain went away. And so even now, though I still have migraines and the head pain is there, the neck pain never came back.

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Susi Hatley: So interesting, you know. The key principle that helped you in that first two to three-year window was recognizing that where the pain is was not the problem.

Maria Hykin: Yes, yes. I like hearing this principle when you were talking about it.

And of course you're like, I wanted to believe it, but I just couldn't logically figure it out in my head. And I'm like, you know what? I've tried almost everything. So why not try what Susi is talking about? And my yoga practice changed drastically where I wouldn't like focus on the neck, right? Like I focus on the whole body and all those like, ooh, the whispers, you know, am I pushing through the red lights?

Maybe I shouldn't go that far. Maybe this, maybe that, and yeah, the neck pain went away, and so this was my first success of like, duh, the pain is not necessarily where the problem is, because I'm not doing anything to my neck, and yet my neck is now pain-free completely.

Susi Hatley: All right, so let's just unpack this a little bit more, because sometimes when people come across the work that I'm doing, they see the exercises, and there's an assumption that the exercises are the thing that makes the change. And the reality is, is the exercises or the yoga poses or the breathing techniques or the whatever, there's nothing that I have come up with that is new to the world. Meaning like we could go to YouTube and find every single movement that I teach, we can find it on YouTube. It's not like I'm some genius when it comes to, here's this new exercise that's the silver bullet to your neck pain, right?

Like it's not that at all. But people will assume that, because that's where a lot of our cultural focus is. It's like, oh, neck pain is a problem. Or even if the pain is not the problem, then Susi, then tell me where the problem is and what's the fix for that problem, right? Like that thinking still persists, right? And really, the gem of it that I think is how you're doing it and taking that

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interoceptive, proprioceptive experience of like, hey, what's really going on here?

And that can be a big leap for people. People really have trouble initially moving from, okay, so it's not the next, so then A, where is it? And B is, what do I do to fix it? And the answer is, I have no idea where it is, because where it is is actually currently outside of your radar of awareness. It's under your awareness, it's a blind spot, it's an area that you can't perceive, right? That's part of the reason why it persists.

And so part of the work is to actually pay attention, pay attention to where compensation is, pay attention to where you hold your breath, pay attention to, even though you've got the range and you're going through the range, which is awesome, what else are you doing in order or to facilitate your going through that full range? And that's what it sounds like you did. That last one particularly is, what else am I doing here in order to get into these things? I'm not paying attention to the neck anymore. So then I'm drawing my awareness somewhere else. I don't know where I'm gonna draw it.

I just know not the neck because clearly, if I keep focusing on the neck, what it's shown me is it's not the actual thing. Can you kind of walk me through a little bit of how you, maybe you can't totally remember back then, but maybe even now, it's like, how do you teach your clientele to kind of go into that unknown space? That's truly what it is. We're moving into the world of the unknown of like, when I proverbially let go of this desire to work on my neck, I do not know where I am going to work, but the movements that I'm currently doing, let's just slow down a little bit here and see what else am I doing that might be contributing. How do you help someone through that?

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Maria Hykin: Yeah. That's such a loaded question. Exercises are not the same, for sure, you know, there is no template. And with every single person who I have been working with, who have seemingly the same symptoms, right, the head pain, the neck pain, the shoulder pain, you know, somewhere there, every single one is completely different. And what they're doing, and how they're doing it is completely different.

They're unique to that person. So, for me, the gold is to kind of tune into that. And yes, so for that, first of all, even to explain what you just explained, which I'm not going to repeat, but the gist of the exercise is not the thing, is a huge leap, a huge leap. And some people still like after a few sessions, they're like, but what do I do? Like, should I move this? Doesn't matter.

And it doesn't matter, it doesn't matter. And of course, and I included, you know, for many, many years, I wanted to know like, what is wrong with me? Because obviously pain is indicative of something that must be wrong. And so even letting go of this idea that there may not be one wrong thing with you, or maybe there is nothing wrong with you and it's just your overactive, hypervigilant nervous system, that needs to be quieted out. So let's just take, I don't know, one client, right? So I just had a new client with that.

So fine, we got it. Her through the leaping or at least she says that yes, yes, I get it, there is no template. But what do I do still? Then in the session, I just pay so much attention to things that are not necessarily physical, right? So what she says, how she says it, like, what is her facial expression? Of course, movement as well, you know, but like, what is happening together with the movement?

Like, what is she not saying also, right. And so suddenly, it turned out that she is afraid, not of pain, but like whenever she does something like it was a particular, you know, chest heart opener, right, like the back extension, she's just afraid that she's going to fall apart. And started crying and you know that it was an issue of safety for her and so she would never even go

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there and then we started exploring so okay so if you're holding yourself up like this all the time like what is happening where else are you doing this how does it manifest elsewhere in your life and so all of this started unraveling and got her to the point of emotional like serious emotional release during the session. And then suddenly her neck pain went away in one session. The session happened three weeks ago, and every day she sends me a message saying, still no neck pain, still no neck pain. It's okay if it comes back, but now you have something that is not necessarily an exercise that you know can precede this neck pain. Does that make sense?

Susi Hatley: Yeah, yeah, totally. And there's two things here that I think are important to unpack. The first one, I'm gonna come back to something that you said in your introduction, and then also something you said about two or three minutes ago. You had gone to emergency and they did all the things and there was nothing wrong with you. And you're like, but there's gotta be something wrong with me.

You said that, so I wanna talk about that a little bit. And then you also said, it could be that there's this hypervigilance in one's nervous system that then gets to be settled. And these two can sometimes not necessarily paired together but they might be but it's interesting because sometimes when I'm with a client and then and they're a little upset that the medicine didn't find anything wrong sometimes what I'll just simply say is well isn't that great that there isn't but that leaves this whole space of but there's got to be something it's like yeah I get that there's something but that something isn't so big that medicine picks up on it.

The thing that I like to remember is that when medicine's scans scan us, they're picking up on things that can be scannable. There's things that we are experiencing that aren't scannable, but there are things that that's where yoga and meditation and Qigong and lifestyle stuff and all that can have a huge influence. Like even thinking about unrelated to migraines, I think about a number of my clients who have stenosis and sure, the scan

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picked up on the stenosis and then their response is, “oh my gosh, I've got stenosis. This is horrible.” And it's like, okay, there's a structural thing that's happening in your body. Yes. And as they started to move better, all of a sudden their pain went down, even with a structural thing that was clearly seen on a scan, right? So Kirsten, our resident PT, she likes to call it a scan, like an MRI, is like a telephone.

Like, yes, the telephone is there, but we don't know if it's ringing, right? So the scan tells us stuff, and it doesn't really tell us about function per se. So then the next piece of it that you added was there could be this hypervigilant nervous system, which yoga and yoga nidra and breathing exercises can do an amazing amount of support with. But what I'm curious about, if it's you or a client who's experiencing that, do they ever go into a place of, “oh, my nervous system is wrong. Like I've got a malfunctioning nervous system because it's hypervigilant. Like, is there something wrong with me?”

Like does any client ever go there? Because I'm thinking that there might be someone listening to this going, oh, maybe there's something wrong with me and how I am versus something broken in my body or something in my body that needs to be taken out. Do you follow where I'm going?

Maria Hykin: Absolutely, yes, yes. And definitely, I went through the stage as well, you know, okay, so nothing is wrong with my body. But something must be wrong with me with the way I live, right with the way I think, with the way well, that contributes to this.

And it took a while to relax that kind of attitude, because it's not useful. It's not useful. Nothing, nothing is wrong with you. And it's like you're saying, it's good news. It's just everybody is wired differently and everybody is unique both in our movements and our just way of being in the world and way of being with ourselves. But I would say that this is probably one of the biggest challenges to relax and say, nothing is wrong, but let's see what contributes to the experience of pain and see if it can be changed.

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But not from this place of fix, right? Like not from the fix it place, but rather from the, hmm, what's possible? Like, is it possible to be out of pain?

Susi Hatley: Yeah, and I think sometimes people initially are looking for a fix because they do want to get out of pain. They do want to open up a migraine. And then they have this opening, like you referred with your client, for the next three weeks, the neck pain isn't there, the neck pain isn't coming back, the neck pain isn't coming back.

Then when they have the, oh my gosh, neck pain is not coming back or oh my gosh there's more period of time without a migraine huh there's less experience with my pain then that's where a question for me comes in is okay so if there's not the pain if there's not the migraine what is that? Because so often in the process of recovery we go through this okay here's the pain and now the pain's not there we're still referencing to pain. We had the neck pain, the neck pain is not there, we're still referencing neck pain.

Maria Hykin: Totally.

Susi Hatley: Next step is because clearly I mean I get it like there's still an anticipation like okay but what if I come back and then I have to be ready for it. So the next step of that is okay so what is present now? If there's not the neck pain then what is that thing? And people have a tough time naming that initially.

And I went through a therapeutic yoga intensive, I remember with one of the trainees back last October and she's like, "um, um, it feels soft. It feels, it's steady. Is it steady? Is it?" And she's, you can, she's like, "okay, what,

I don't know what, can I like." And almost not sure what the word was of became this thing of, okay, so if there's something that's soft and perhaps

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steady, let's actually focus there. And what does that feel like versus no neck pain?

Maria Hykin: Yes, yes, absolutely. Yeah.

Susi Hatley: There's a different quality to that, right? So there's that, that's the unraveling little bit. Yeah. So, so it's like, if there's not the neck pain, then what is that? And then we can start to strengthen and build that neuromuscular habitual groove, right?

Maria Hykin: Totally, totally, yeah, yeah. And yes, but from my experience, this is kind of a natural progression, right? Is that first you're so hooked into pain, then you are unhooked from pain, but it's still somewhere in your line of vision or sensing. And then you kind of turn around and you don't even see it anymore, but seeing a different quality that is present in you, whether it's softness or steadiness or wholeness, or I don't know, for everybody, it's different.

Susi Hatley: So interesting. So interesting. It's so, so, so interesting. And I think of it too with really any condition, because I think, again, I often use my husband's psoriasis as an example, because if you were to look at him, he doesn't look like he has psoriasis. He's a dude that's been diagnosed with psoriasis. So it's not like that thing has gone away.

It's that he is so tuned in now. When I met him, he had red on a lot of parts of his body. He was flaky on a lot of parts of his body and he doesn't have that anymore. And he's able to tune into the signals, the quietest of the quietest signals that are kind of the trigger of the psoriasis. So he's able to kind of get so quiet inside about feeling what leads to it. So think a piece around hypervigilance. It's like, isn't it great that a nervous system can be hypervigilant?

Maria Hykin: Absolutely, yes. And when you can think about it this way, it creates so much space because yeah, it may contribute to the experience

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of pain, and it contributes to so much more in your life that you can be open to because of that, because of this innate quality.

Susi Hatley: Yeah, and so if we come back to migraines, there's a hypervigilance, and it's like, oh my God, my nervous system's so wired up, it's a la la la, it's all the things. It's like, but if we actually were to paint the word hypervigilance in another way, there's a creative element, there's a very clear element, there's a very tuned in element.

Maria Hykin: Right, yeah, sensitive, yeah.

Susi Hatley: You're super sensitive. So that's actually a better term, actually, I like it. So how do we utilize that sensitivity to really serve? Because it's a characteristic that exists, so let's actually work with it in a way that really amplifies and serves you, the person, as opposed to another way that it might be looked at. And then that really starts to make a shift, I think.

Maria Hykin: Right, right. Then when we started thinking about, instead of hypervigilance, which is already in the word, right? There is this quality of aggression and just like kind of strong coming on, right? Versus sensitivity, which is soft and open and spacious. And that sensitivity can actually help you tune into your body and not only your body, right? Like let's call it body-mind, right? Like everything that is you.

And see those yellow lights before anything happens, or hear those little whispers and kind of relax when you encounter them because of the pain experience. So you can stop a little bit before and take another route, which will take you out of that or not even close to the pain experience. When I started following your principles, I never noticed that before, but when you were talking about yellow lights and whispers and everything, I don't have aura and a lot of my clients don't have aura. So aura is kind of like migraine, it's, I mean, it's terrible, but at least it gives you an idea that oh, I'm gonna be in pain at some point, right? I don't have an aura. So it

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seemed before I started unpacking your principles, to me, it seemed like migraine was just like, bam happening.

But once I started following your whispers, and or my whispers, rather, with your guidance, I learned so much. And this is what I'm helping my clients to learn now is like, for example, for me, I learned that two, three days prior to the pain experience, I actually become super clumsy. And like, everything falls out of my hands, you know, I can't like I keep bumping into corners. And before I didn't even connect it. But now I know that, oh, this is my aura, quote unquote, right.

And so at that point, I can take measures and measures that don't have to be like, oh, stay in bed, and just wait until it happens. And then like being in a dark room, you know, like it's not again like taking fear out of it is also important because measures can be different, just maybe don't accept that invitation to a late-night party. Okay, you know, like, so that you don't promote this, or further this pain, or like the road to pain experience, right. And speaking of fear, if I may add something. I actually don't like the word trigger.

Susi Hatley: Ooh, I love that. Tell me.

Maria Hykin: Because I think that, again, like vigilance is the word that is already like, ah, you know, you're like, your nervous system is already rising up kind of like, ooh, vigilance, vigilance. So with triggers, because of the way it's habitually used, it's often already a flag, right? Ooh, chocolate is my trigger. And a lot with a lot of migraine sufferers, right? It's coffee, or caffeine and chocolate. And I love chocolate, but it's my trigger.

Like, well, what if it's not your trigger? What if it is just something that contributes to your pain experience, but there are so many more things that contribute to the pain experience when you eat chocolate, that the thing that is chocolate may not be even it. It could be your idea that when I eat

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chocolate, I will have pain. And if you can relax this idea, you can eat chocolate without pain.

Susi Hatley: That's so cool. I love that. I love that. I love that. It's like in a really basic way, there's not a tension around. It's like when my clients have, my migraine is a horrible thing, right? And so when I'm talking about my clients who have knee pain, to me, there's a distinction there. But when I think about clients who have gone off to a hike and they want to get to the summit, they know that they might be harming their knees, but they sort of sit with themselves and say, okay, you know what?

I really want to go to that summit. I know this is probably too much for my knees, but I really want to go to the summit. Okay, knees. Let's do this together. And it is hard and their knee may start to say something to them but it's not nearly as bad as they thought it's like they've gone into it more consciously and not just like fighting or bracing or gripping and it seems like that quality of goes around the semantics of the work

Maria Hykin: yes.

Susi Hatley: actually contributes to it even maybe being worse.

Maria Hykin: yeah so I had a personal experience with this. That I always considered my trigger, quote unquote, was atmospheric barometric pressure.

And like, whenever I saw that, oh, barometric pressure is going to be blah, blah, blah. Oh, my, I'm gonna get into my, this is going to be horrible. It's going to be a week, you know, and all the self talk. And then when I started unpacking this, you know, following your principles and following the principles of the pain matrix with Laura Mamosley, and David Butler, that so many other things contribute to it. And I'm like, oh, my God, my self talk contributes to it. And so I started kind of trying to relax around that.

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And lo and behold, yeah, sometimes, sometimes I do get migraines when barometric pressure drops, but sometimes I don't. And that tells me that it's not my trigger. It's not because otherwise it would be there 100% of the time.

Susi Hatley: So good. And that gives such power.

It's like there's such an internal control, there's such agency, there's a friendliness with one's body as opposed to like, oh, here it goes again. Or even with the environment of like, oh, here's the barometric pressure again, you know, like, brace and hold and yeah, oh, so good. Such a rich conversation. And I hope those of you who work with people with migraines have gotten some good nuggets here. And if you're someone who has migraines, I hope this has provided some nuggets for you in terms of supporting yourself and those clients. So Maria, you have a course coming up.

So can you tell us a bit about that course? Like you're obviously going to be talking more about what we've talked about here. And anything else you want to add about that?

Maria Hykin: Well, it's going to be a self study online program. And the way I designed it is the way I would like to take a course myself. A lot of times when there are online courses, they're long, you know, and especially someone who suffers from migraine, we cannot, I'm not going to say 100% following the beautiful conversation about triggers, but you know, sometimes it can be challenging to look at the screen or to do a lot of things at once.

So I broke it up into like six modules, but each module is going to be a little bit of theory behind it, like pain signs or whatever it is, which will be like 10, 15 minutes long. And it's going to be one video, you know, another video or audio will be a little bit of a practice where we will pay attention to how we do things, not the exercise, because the exercise can be anything, right?

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We can just pick any and just how we do it, like what contributes to what experience. And the third part in each module will be another recording video or audio or both which will be our in our sleep meditation or some some people may know it as yoga nidra but it's a little bit different where, again, you integrate all all the principles. And so it's going to be really bite size, it's going to include a lot of information. But like you're saying, in a nugget format.

And so my hope, my hope is that this will ease people into a new way of thinking about migraine, and you're experiencing migraine, or whatever pain, right, like neck pain, or whatever comes with like head pain, or maybe not even pain, but this feeling of fear, you know, which is also part of migraine experience. So my hope is that it will help people help themselves.

Susi Hatley: And if people want to find out more about the program or working with you, what's the website that they can find you at?

Maria Hykin: The website is QuietTransformation.com. The link to it will be on that page.

Susi Hatley: Brilliant.

All right. So you know where to find Maria if you want to work with her privately or in any of her groups or this specific program itself. That's QuietTransformation.com. Do reach out to her because it's so great when I'm working with my trainees and grads who have taken the ideas that I share and the trainers that I've brought into the certification program who are so high quality and then I see them start to integrate this into programs are really great. And so one reason I've brought Maria on here is to have her share her story because more than anything through this podcast and other social posts that I provide is that there's a possibility here. That yes, you have a scenario around migraines that can be very limiting and very difficult to work with and that this might be a way through, a way from pain

[From Pain to Possibility](#) with Susi Hatley

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into possibility. So do check her out. She's got great experience and is just super lovely. So QuietTransformation.com and thank you so much. Maria, that was great.

Maria Hykin: Thank you, Susi. I'm really honored to be on this podcast with you. Thank you.

Susi Hatley: If you've enjoyed this conversation between Maria and I and you are a health professional or a yoga teacher who's looking to grow your skill as a yoga therapist, like integrate the therapeutic aspects of yoga to have similar results that Maria has with her clientele, there are two options for you to work with me. The first is Healing in Synergy, my three-month program where I dig into the foundational aspects on how it is that I work with movement, breath, and stillness, how I help my clients tap into their awareness and their inner healer and how I help you grow your business. The second option is my full IYT accredited yoga therapy certification program which begins with the therapeutic yoga intensive and that's a six day program where we dive in deep into the fundamentals of the approach of yoga therapy that I provide and you get a real embodied experience of how these pieces all work together and that's the first week of the full certification program and you can learn all about that over at FunctionalSynergy.com. It would be an honor to share with you what I have seen work so incredibly well, that my trainees and grads have seen work so incredibly well and really help the world recognize that there is another option than experiencing physical pain. That it's truly a possibility to have a different experience, to move from pain to possibility.