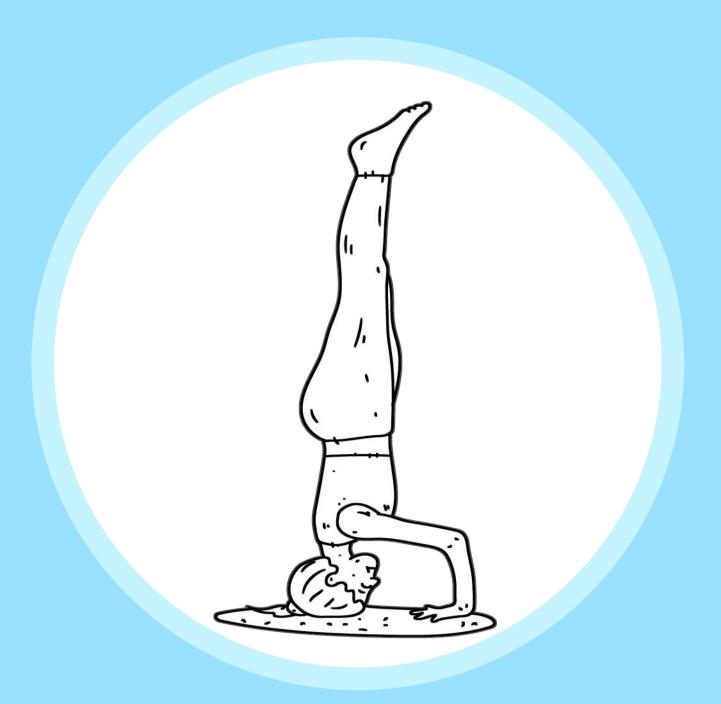
Appendicitis (p. 1 of 3)



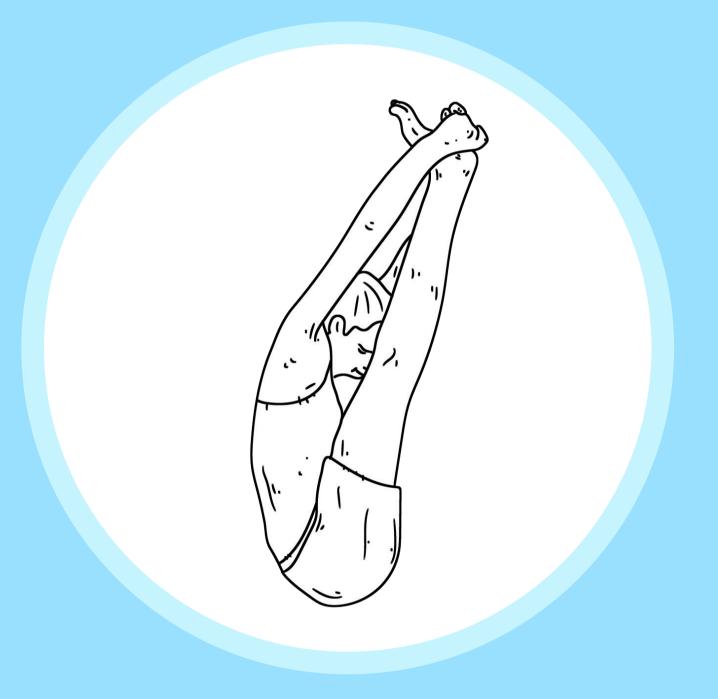
Sirsasana (head stand)



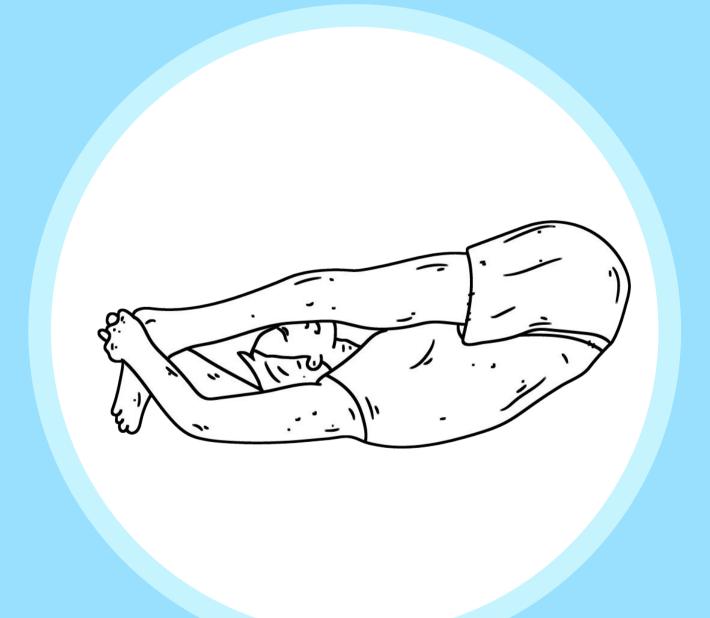
Sarvāngāsana (shoulder stand)



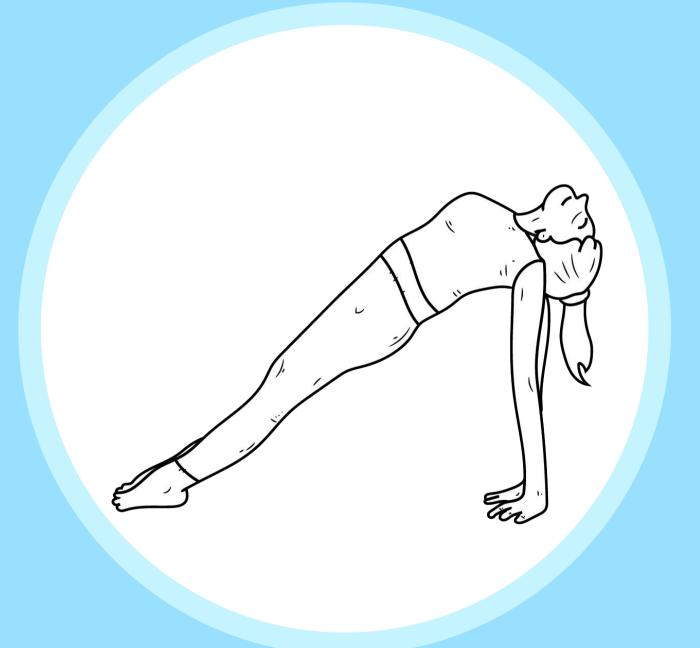
Paschimottānāsana (staff)



Ūrdhvamukha Paschimottānāsana I (upward staff)



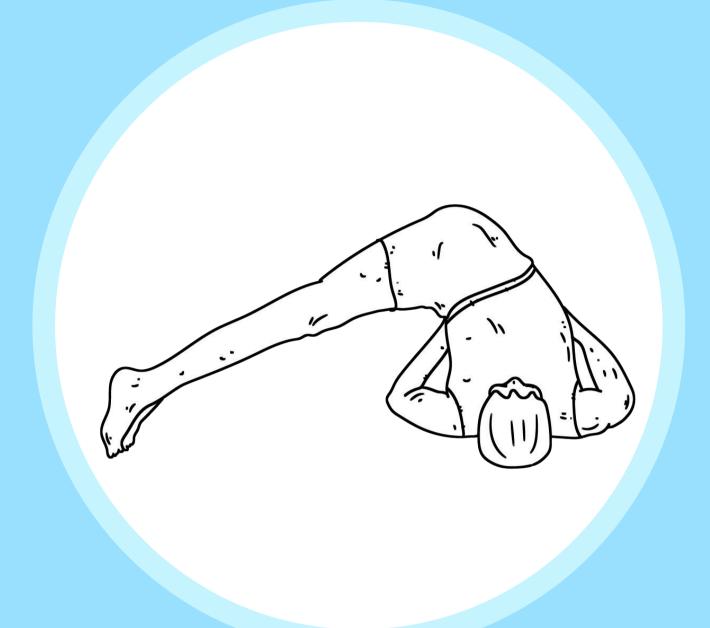
Ūrdhvamukha Paschimottānāsana II (inverted staff)



Pūrvottānāsana (inverted plank)

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Pārśva Halāsana (side plow)



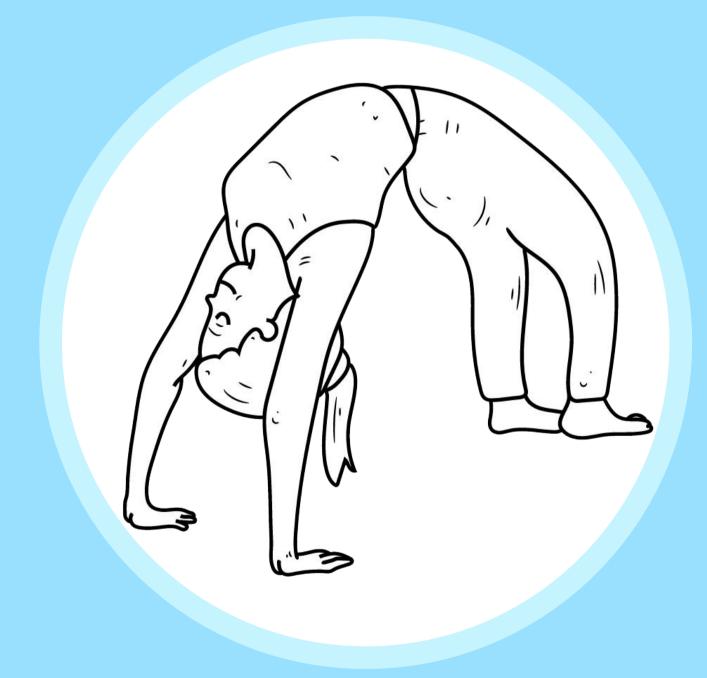
Jānu-Śīrṣāsanaa (head to knee)



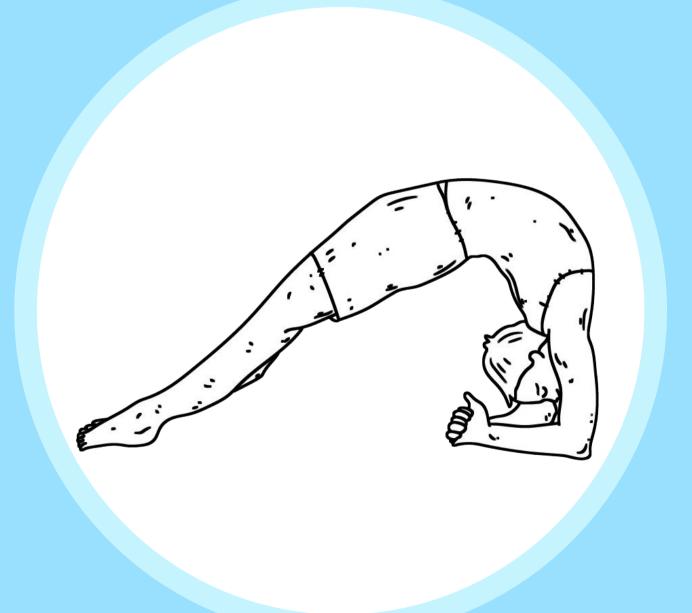
Ardha Marīchyāsana I (bound forward fold)



Pāśāsana (cord)



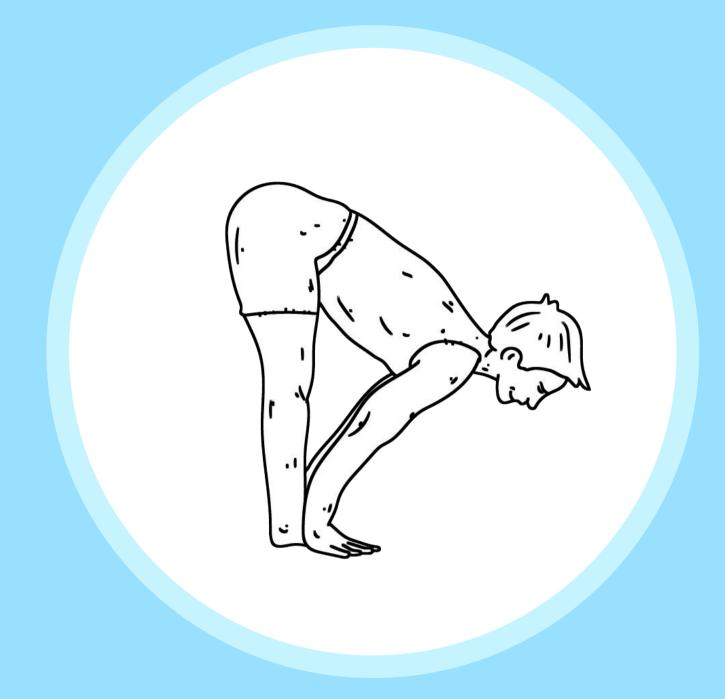
Chakrāsana (wheel)



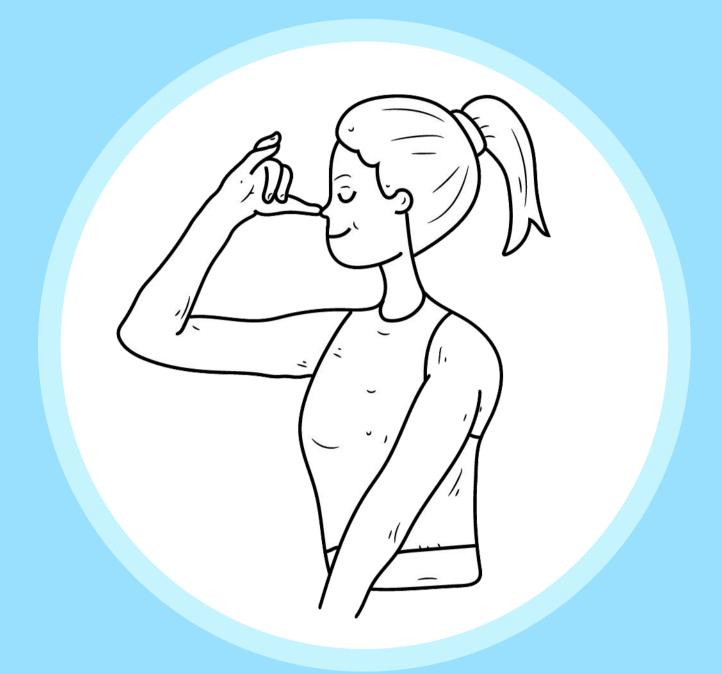
Dwipāda Viparīta Daņḍāsana (two-legged inverted staff)

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Uttānāsana (forward fold, halfway lift)



Nādī Śodhana (alternate nostril breathing)

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