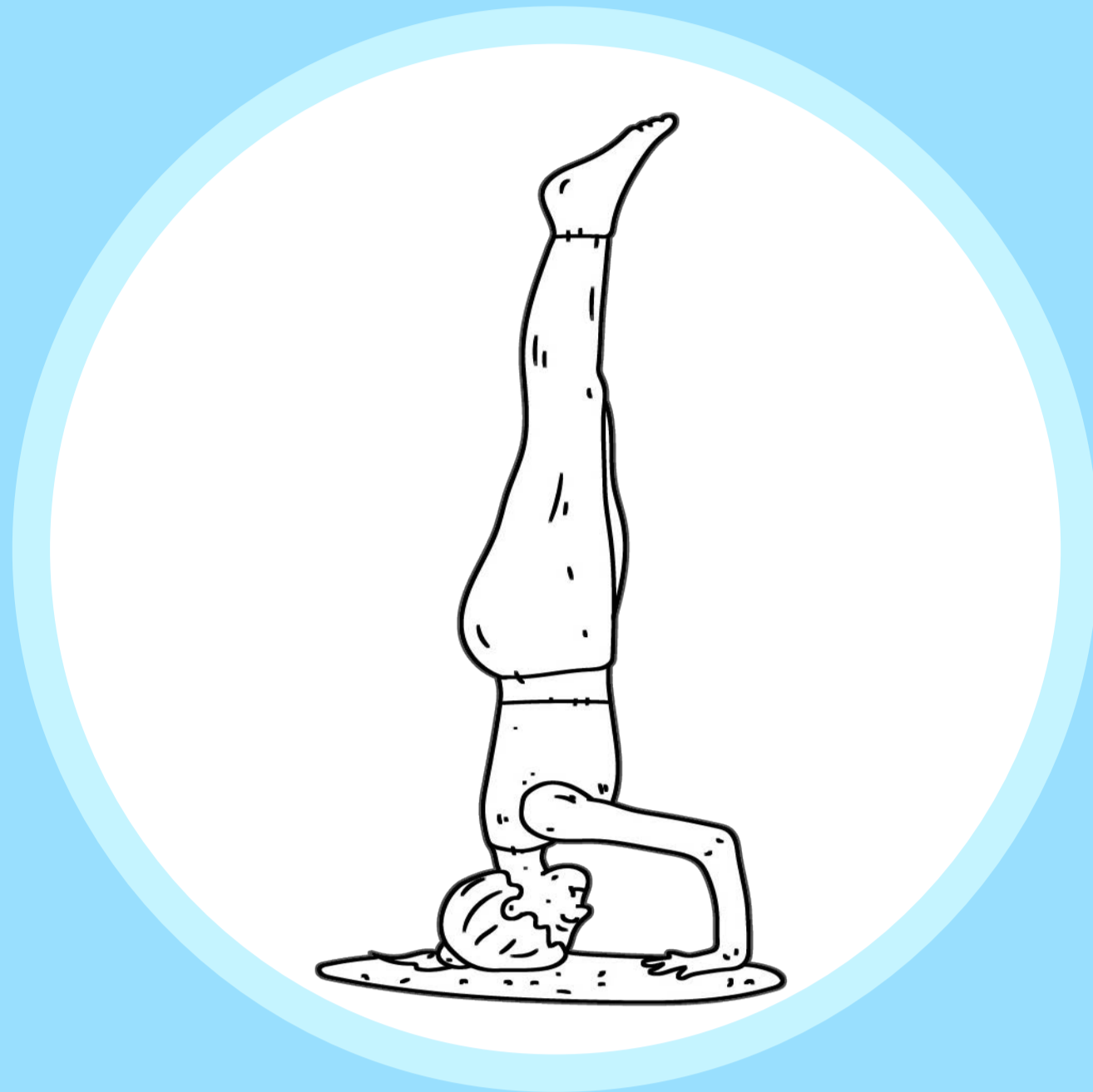
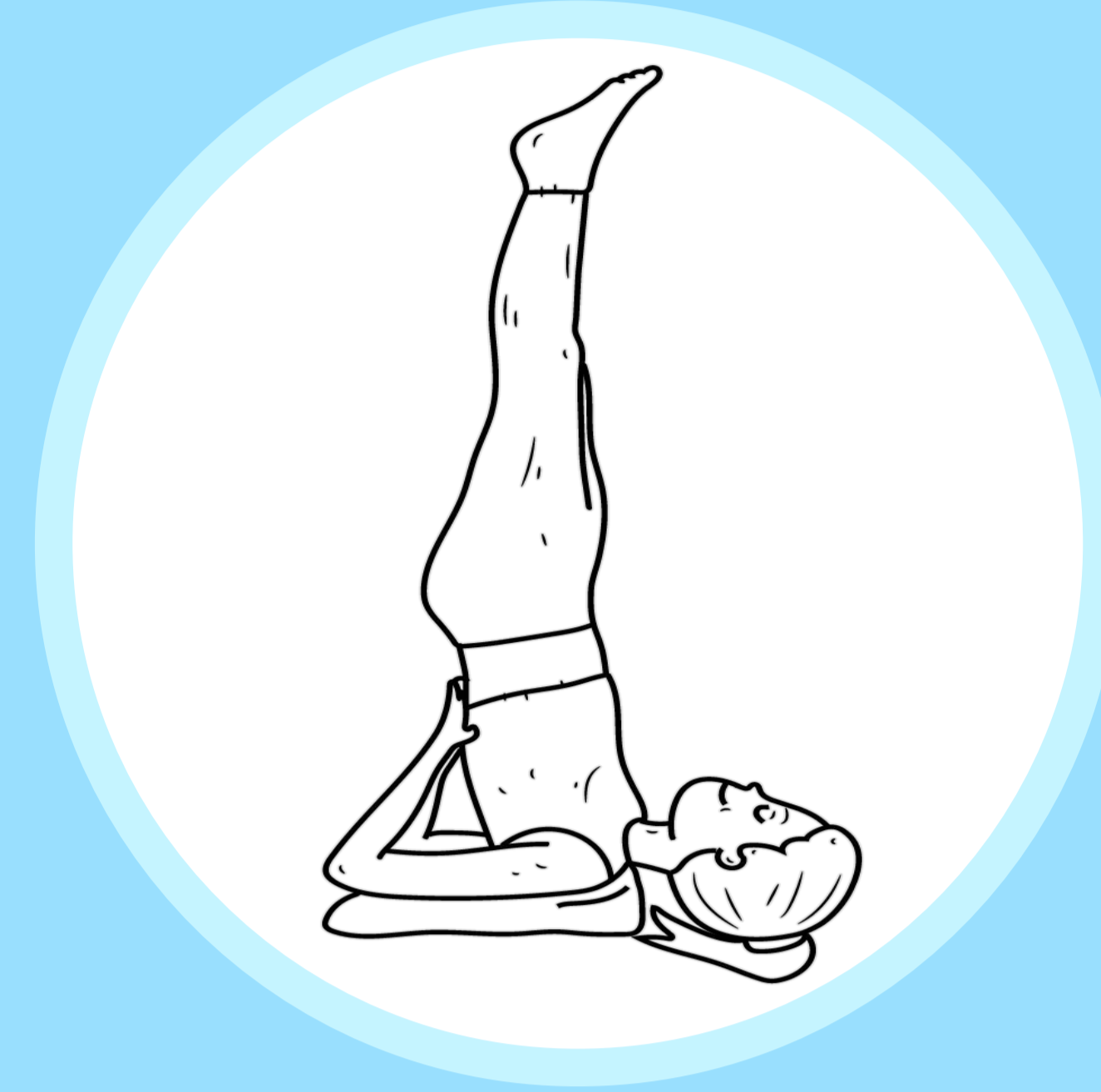


Appendicitis (p. 1 of 3)



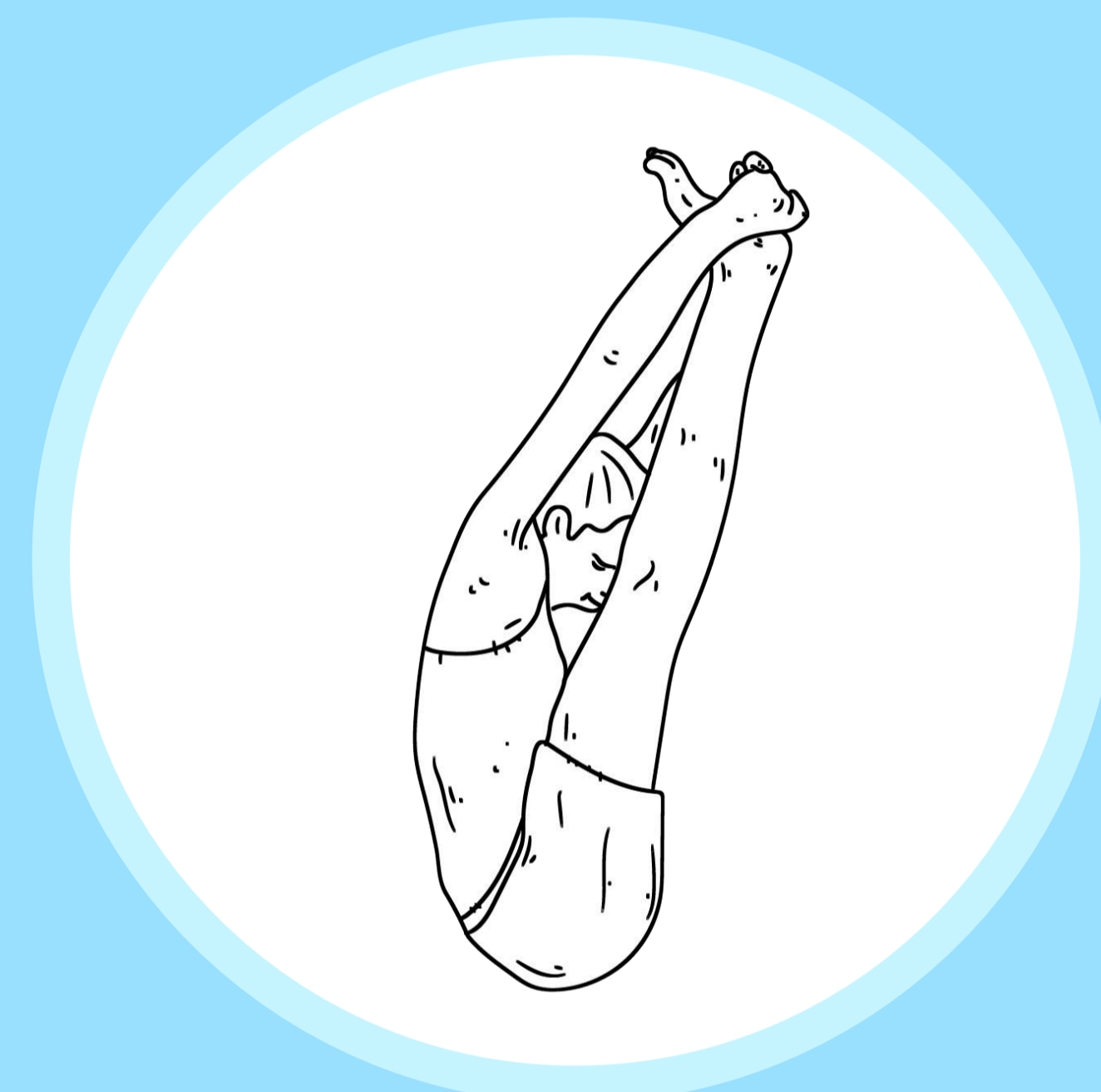
Sirsasana
(head stand)



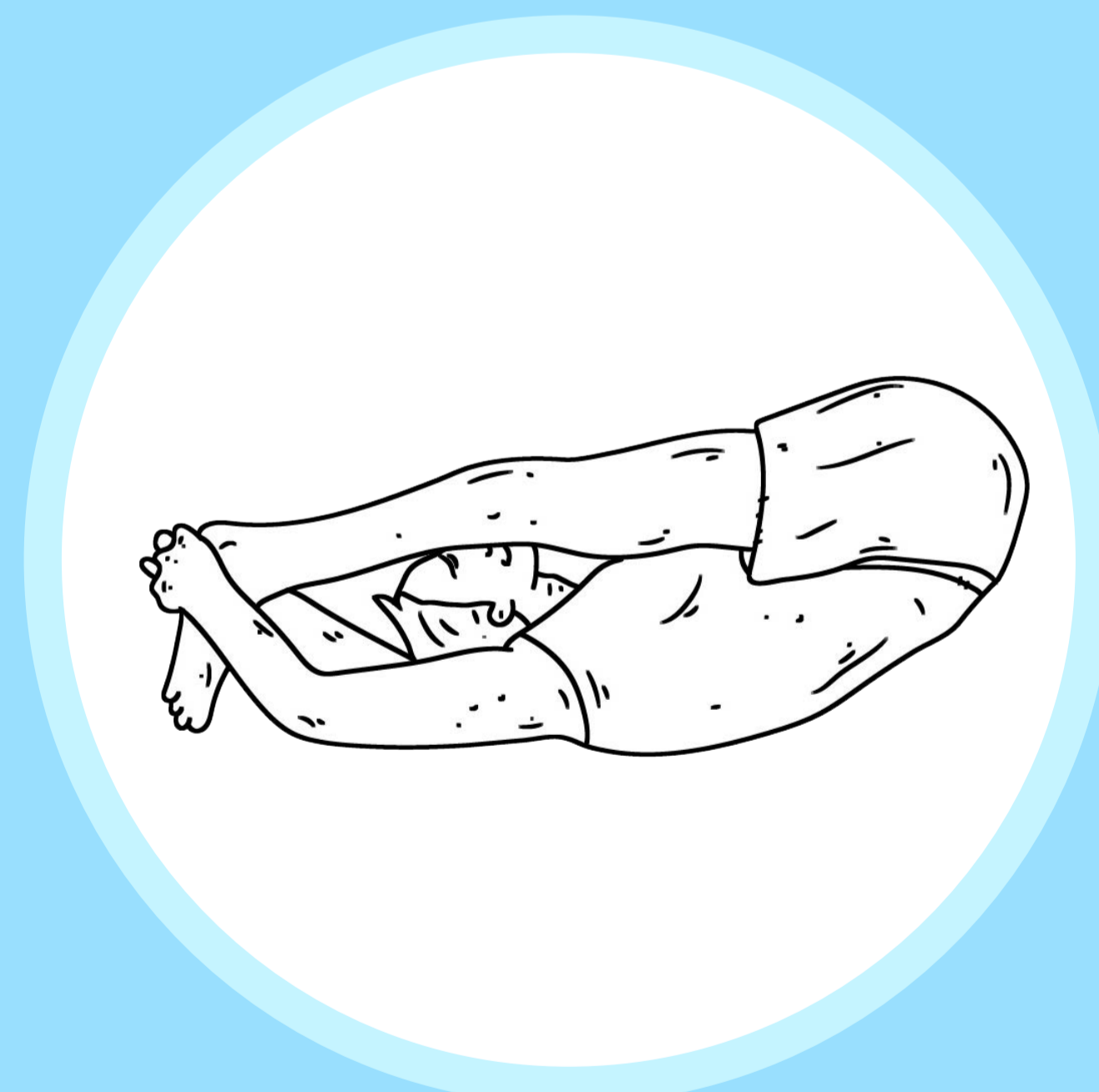
Sarvāngāsana
(shoulder stand)



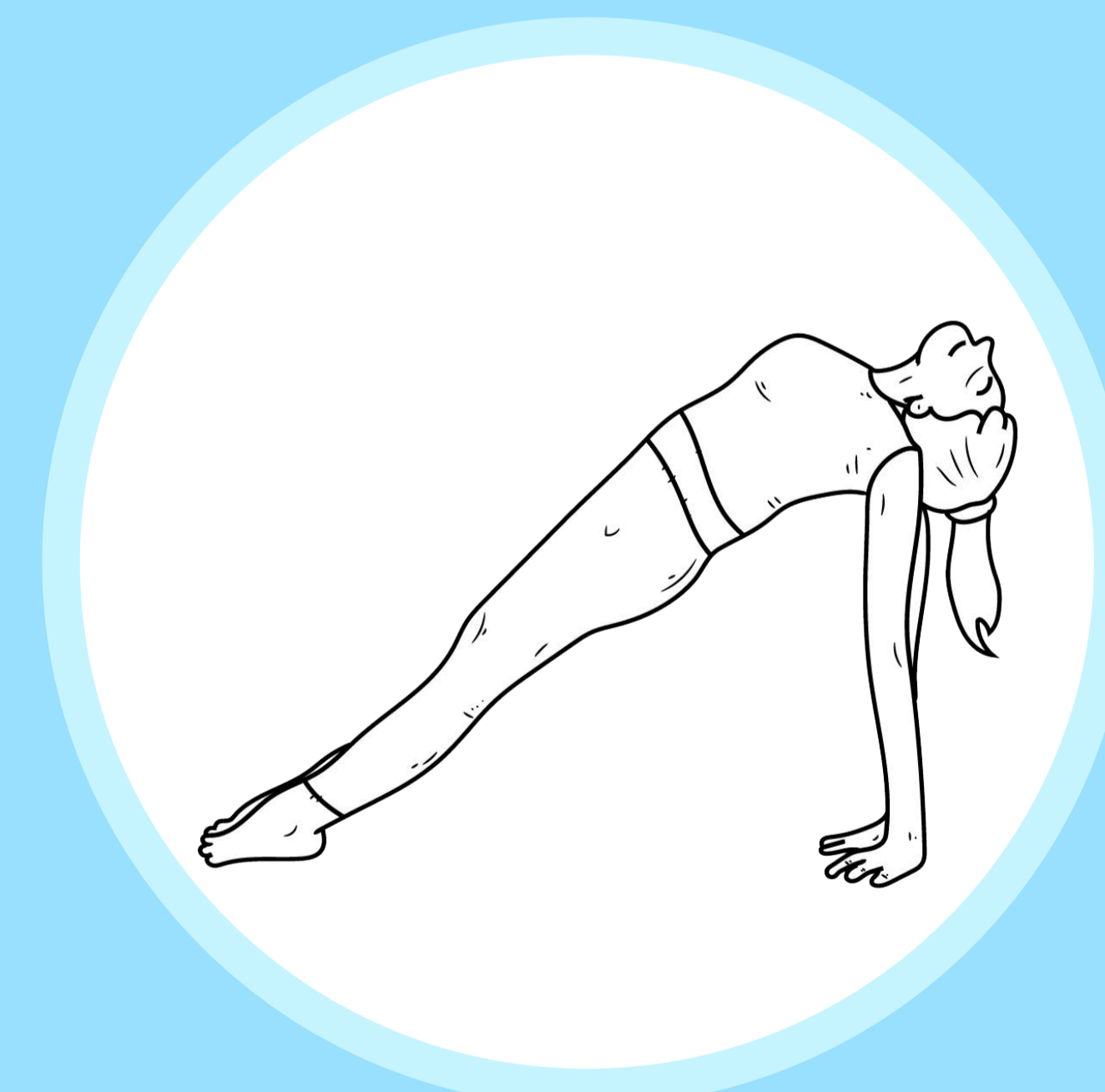
Paschimottānāsana
(staff)



Ūrdhvamukha Paschimottānāsana I
(upward staff)

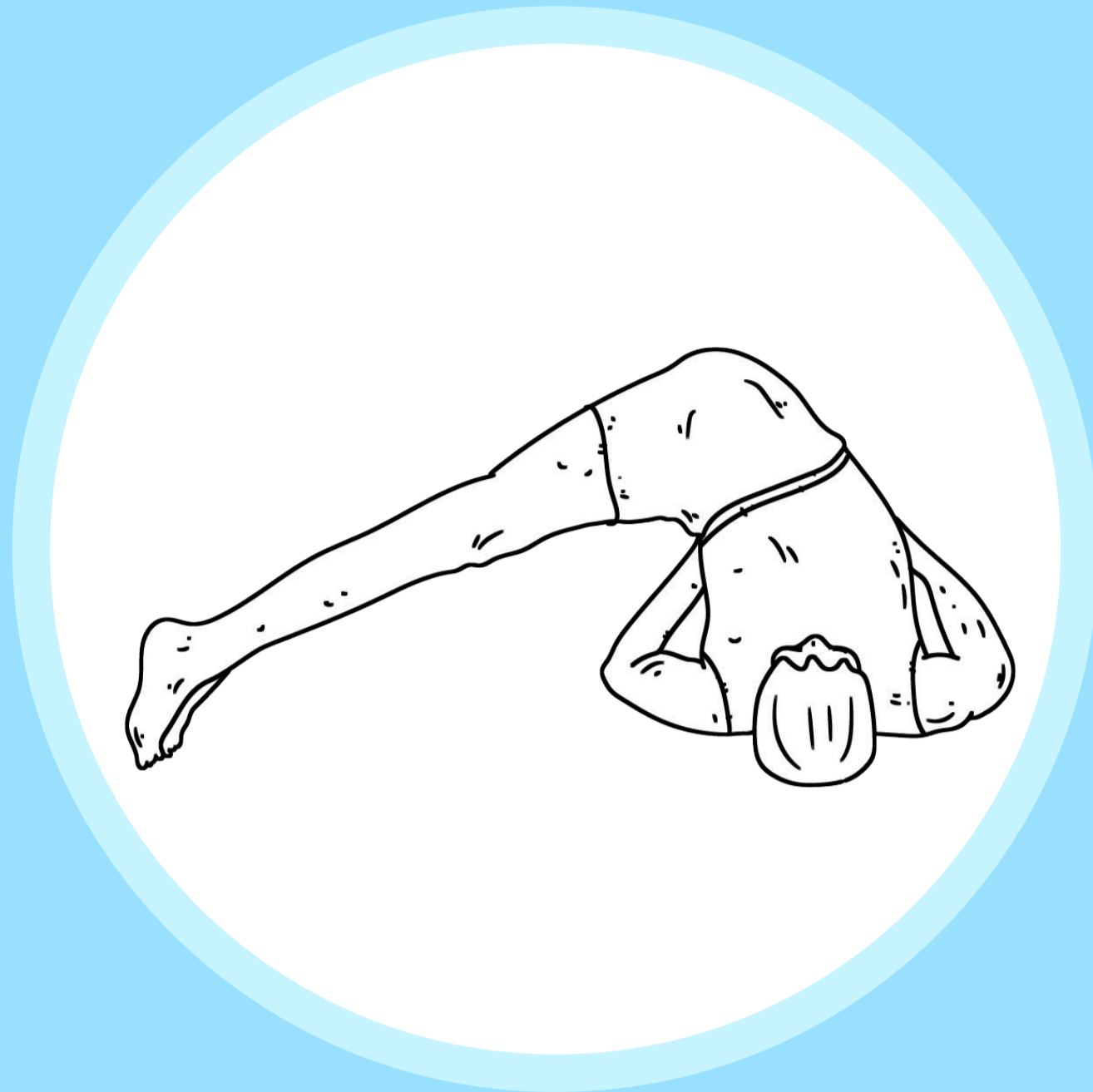


Ūrdhvamukha Paschimottānāsana II
(inverted staff)



Pūrvottānāsana
(inverted plank)

Appendicitis (p. 2 of 3)



Pārśva Halāsana
(side plow)



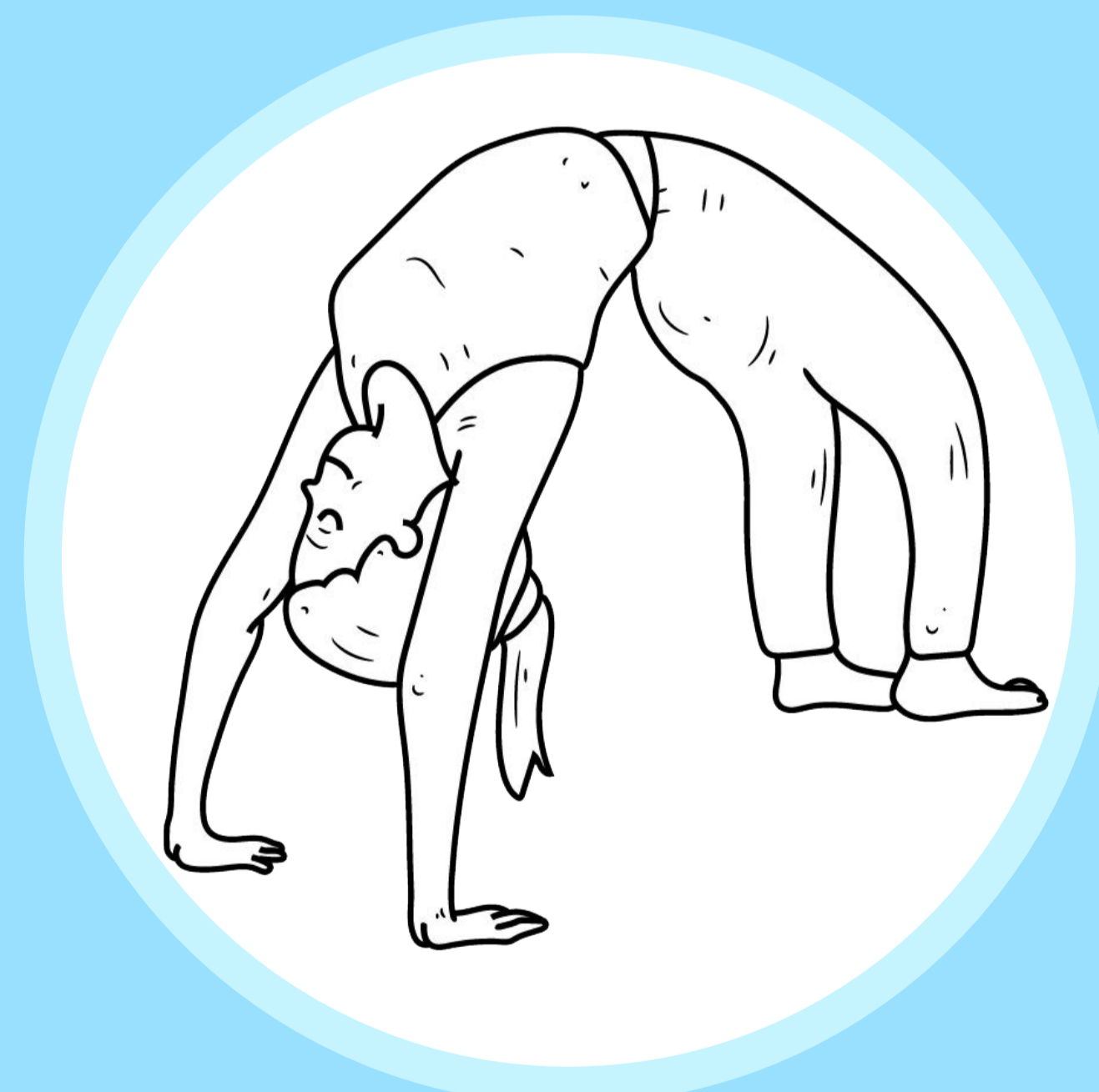
Jānu-Śīrṣāsana
(head to knee)



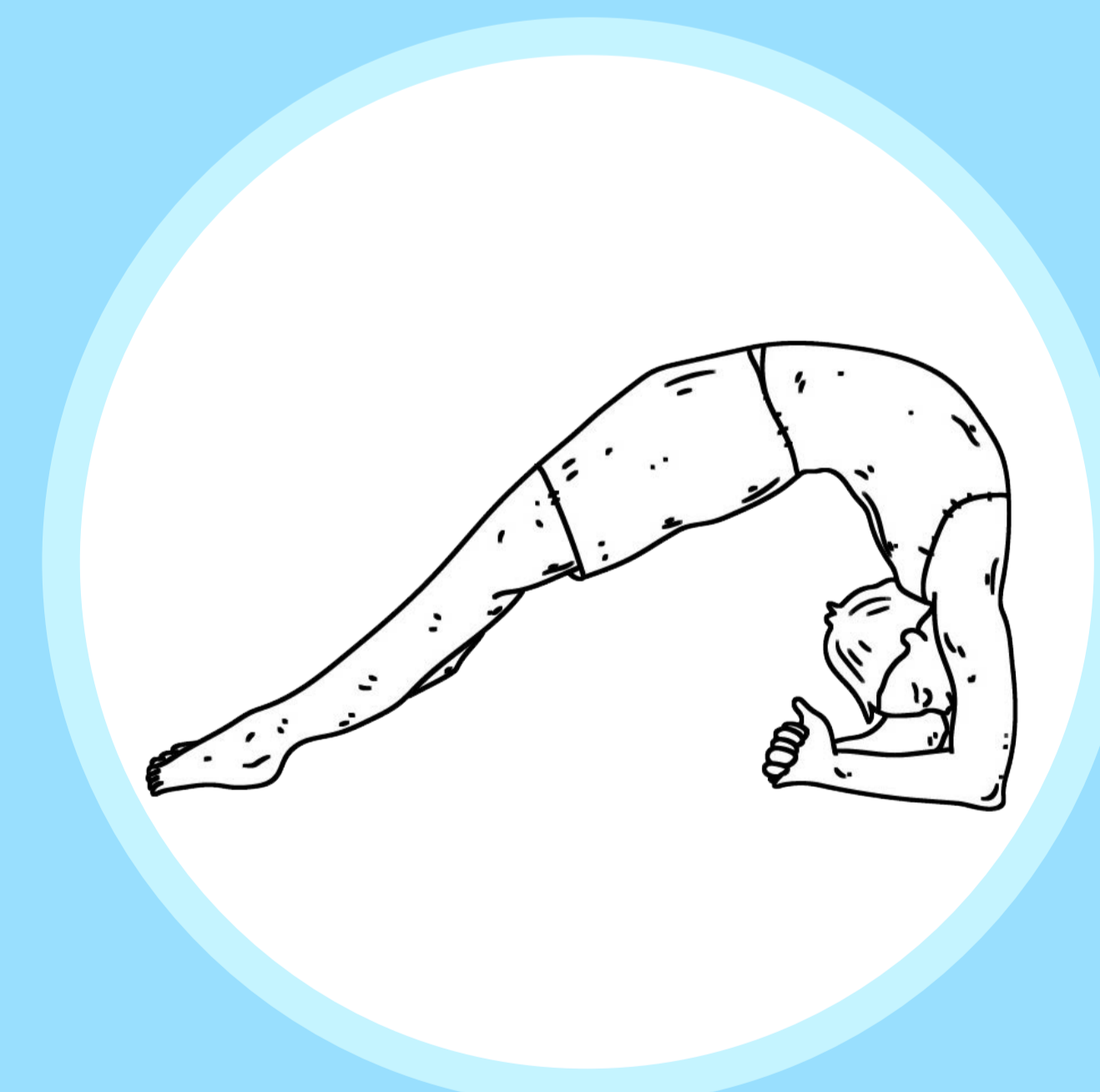
Ardha Marīchyāsana I
(bound forward fold)



Pāsāsana
(cord)

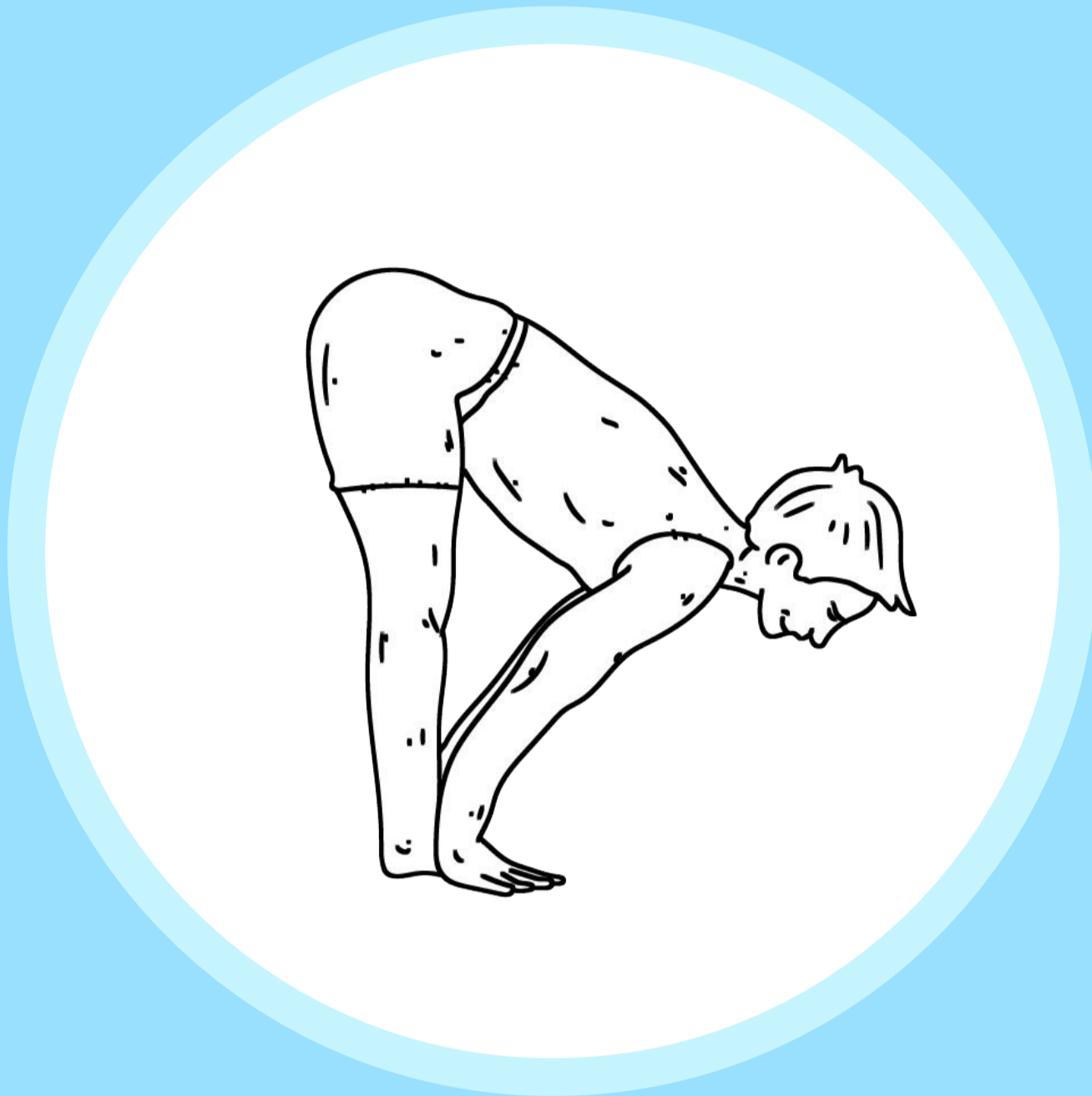


Chakrāsana (wheel)



Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)

Appendicitis (p. 3 of 3)



Uttānāsana
(forward fold, halfway lift)



Nādī Śodhana
(alternate nostril breathing)