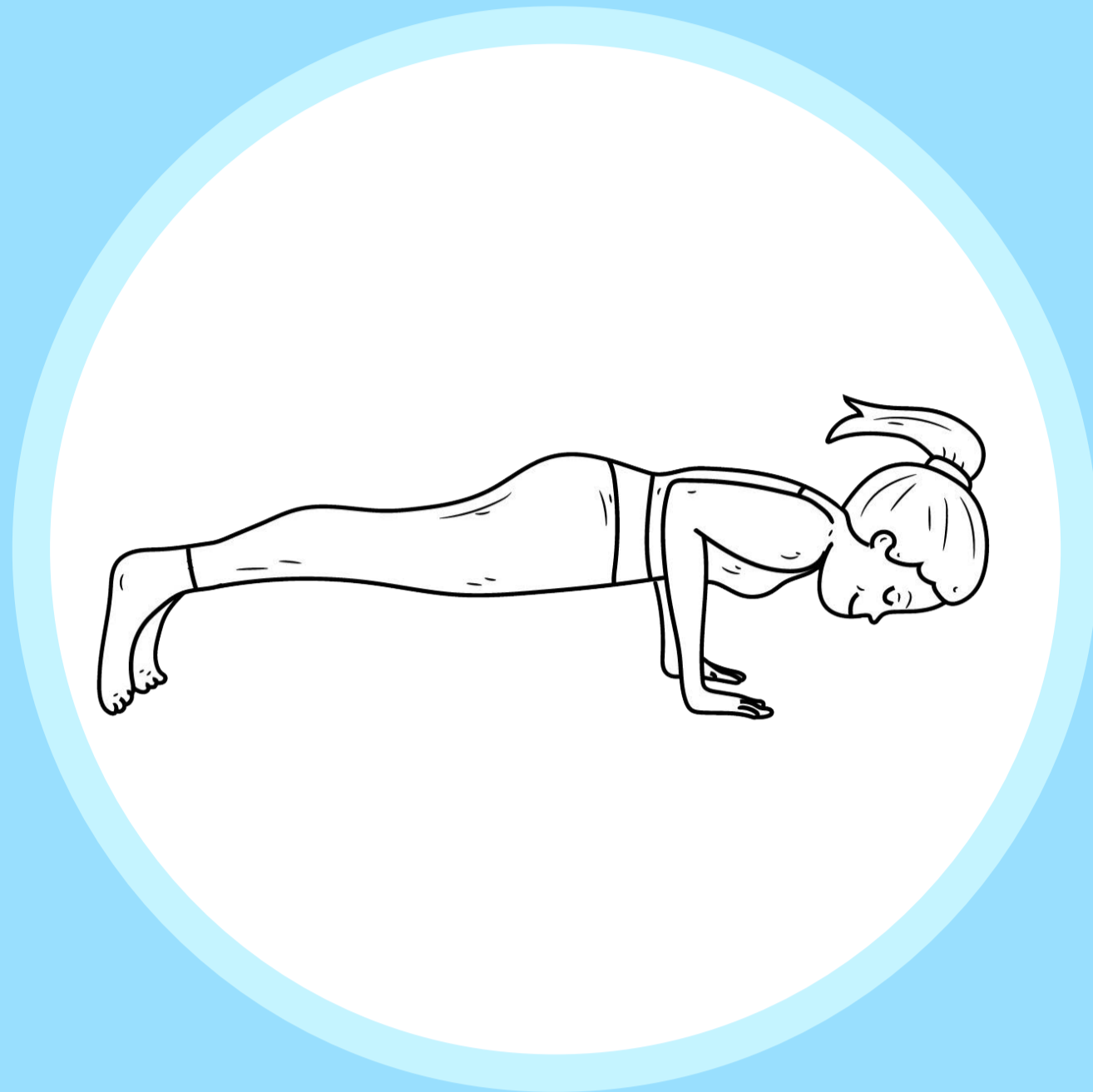
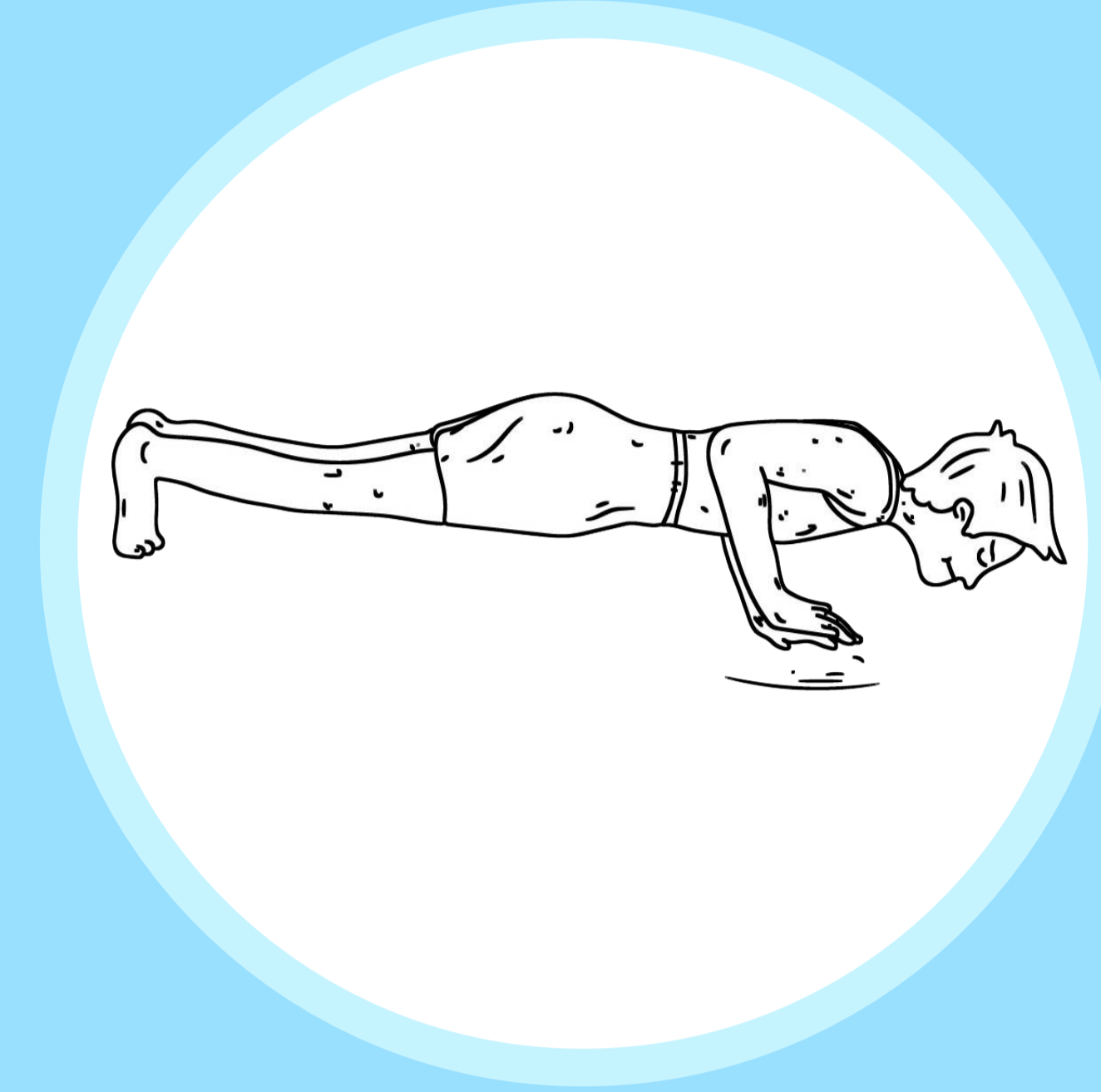


Arms and Abdominal Organs (p. 1 of 5)



Chaturanga Daṇḍāsana
(low plank)



Nakrāsana
(crocodile)



Ūrdhva Mukha Śvānāsana
(upward dog)



Adhomukha Śvānāsana
(downward dog)

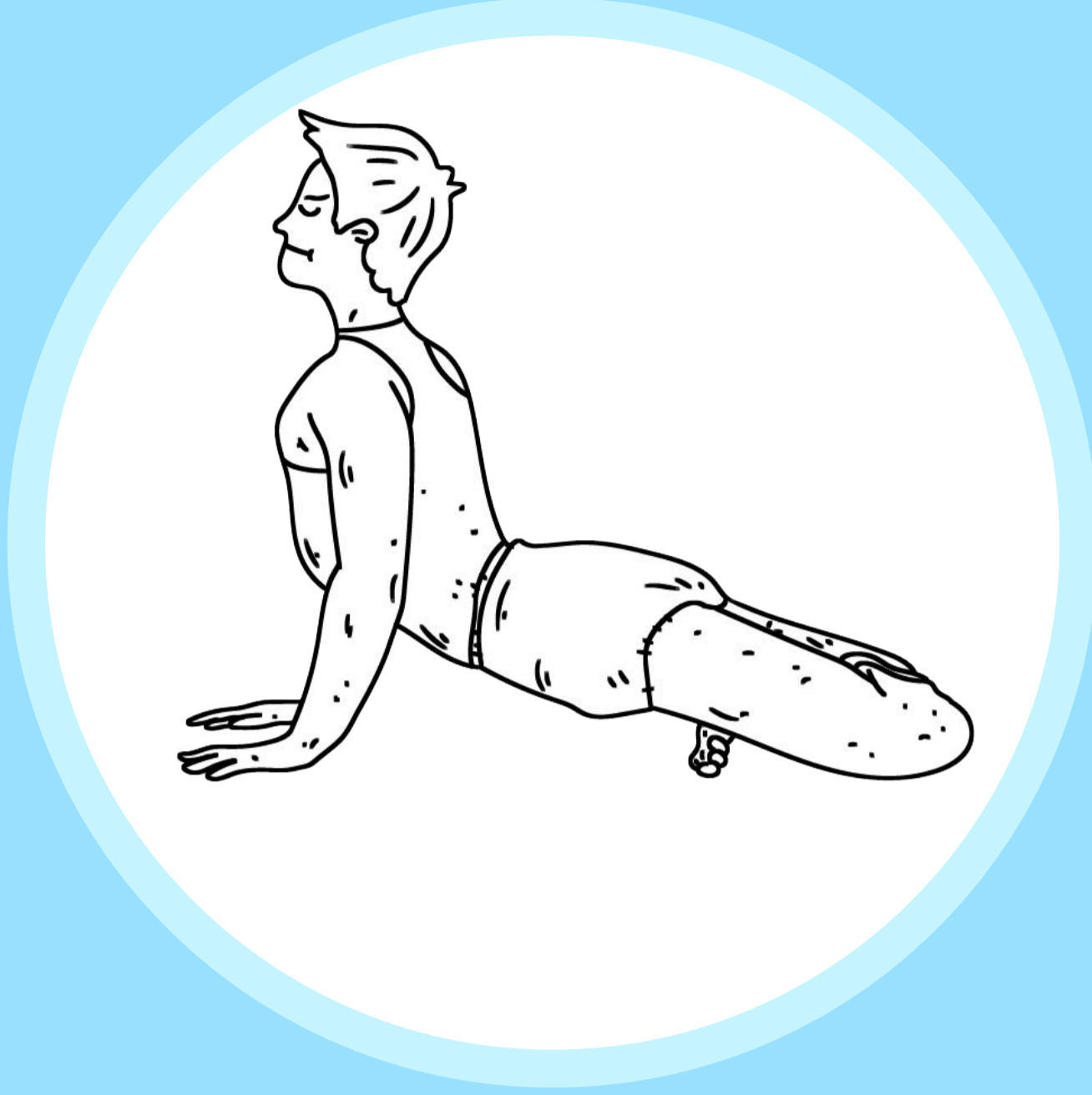


Lolāsana
(pendant)

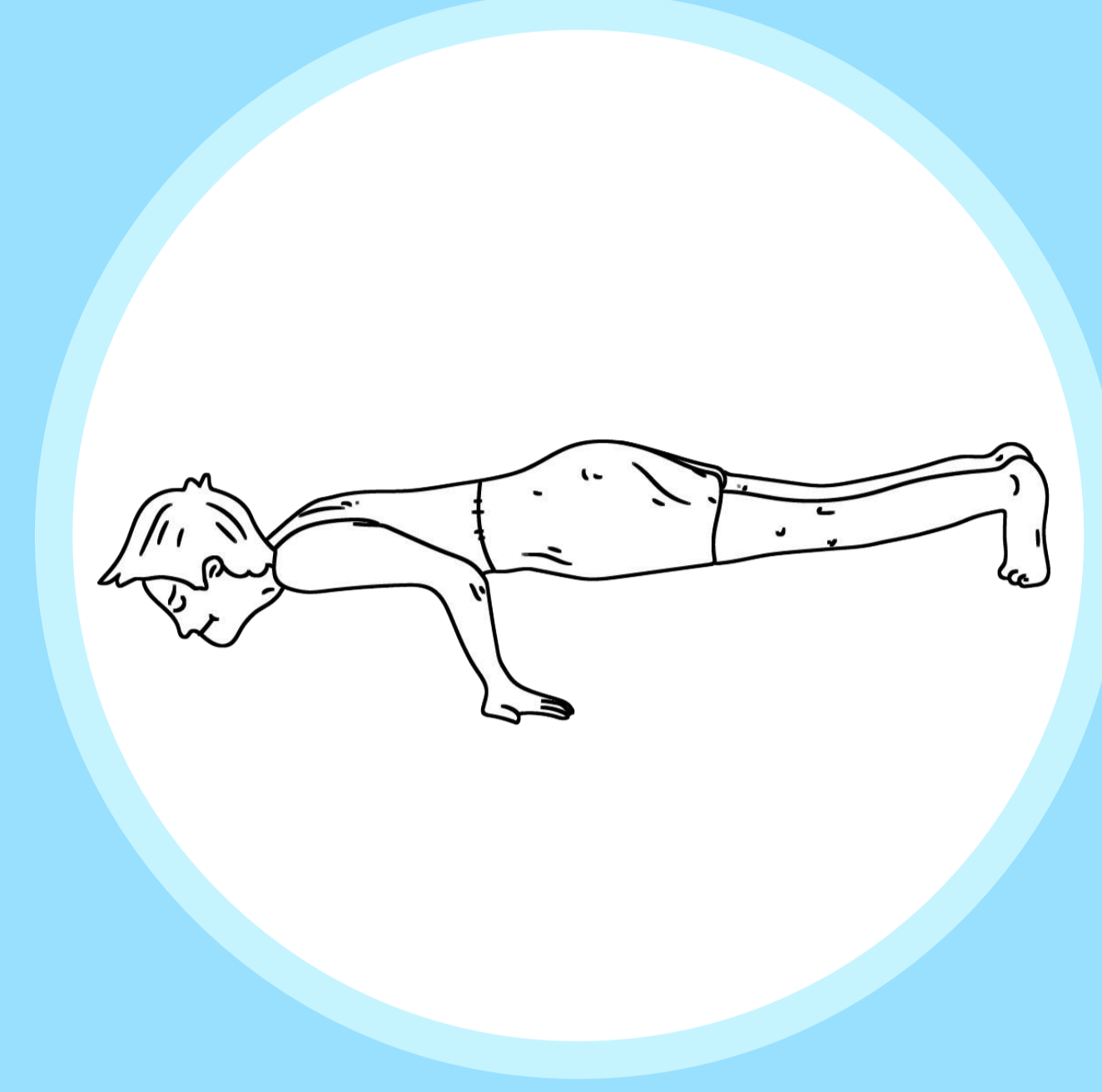


Tolāsana
(scales)

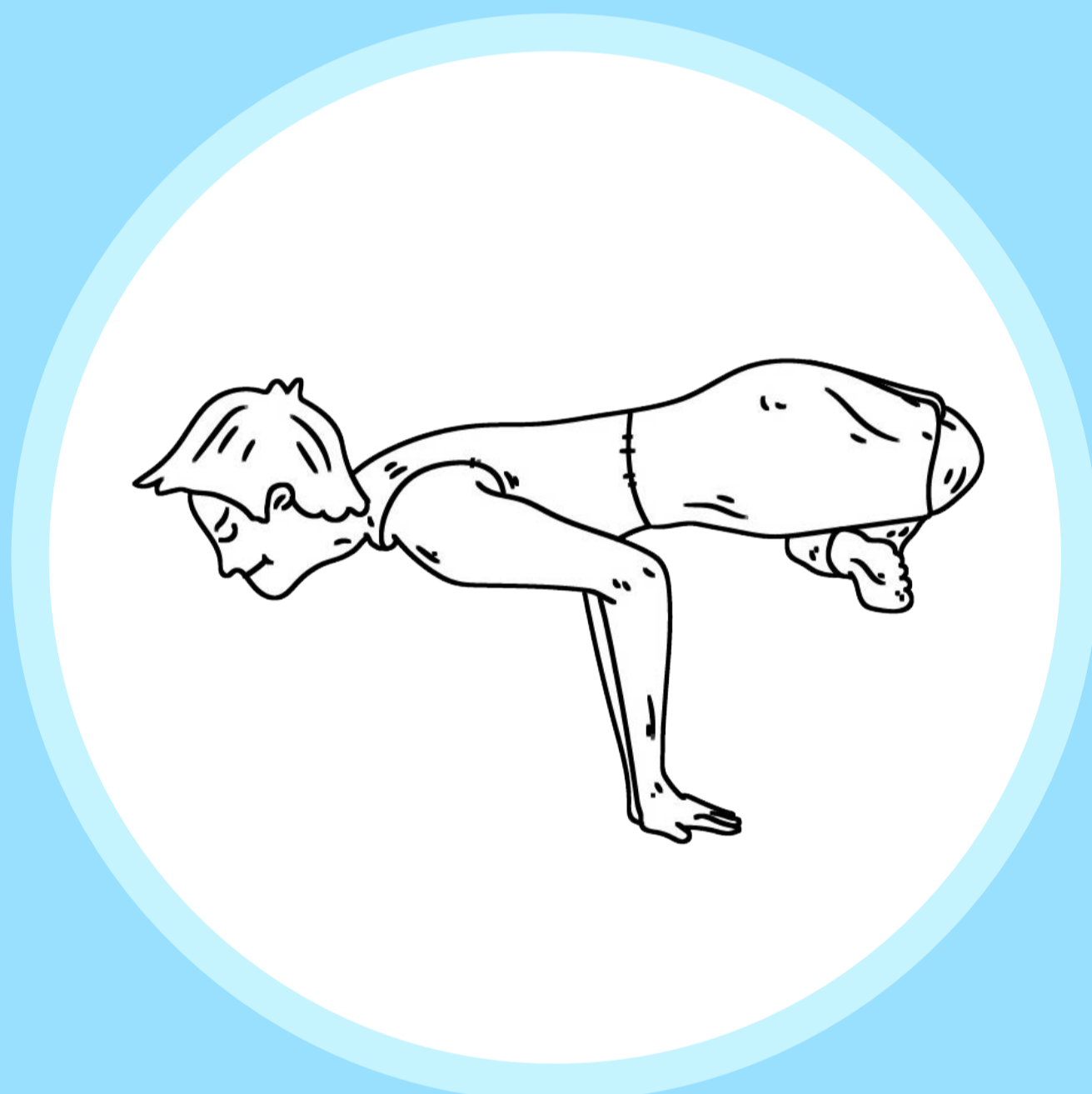
Arms and Abdominal Organs (p. 2 of 5)



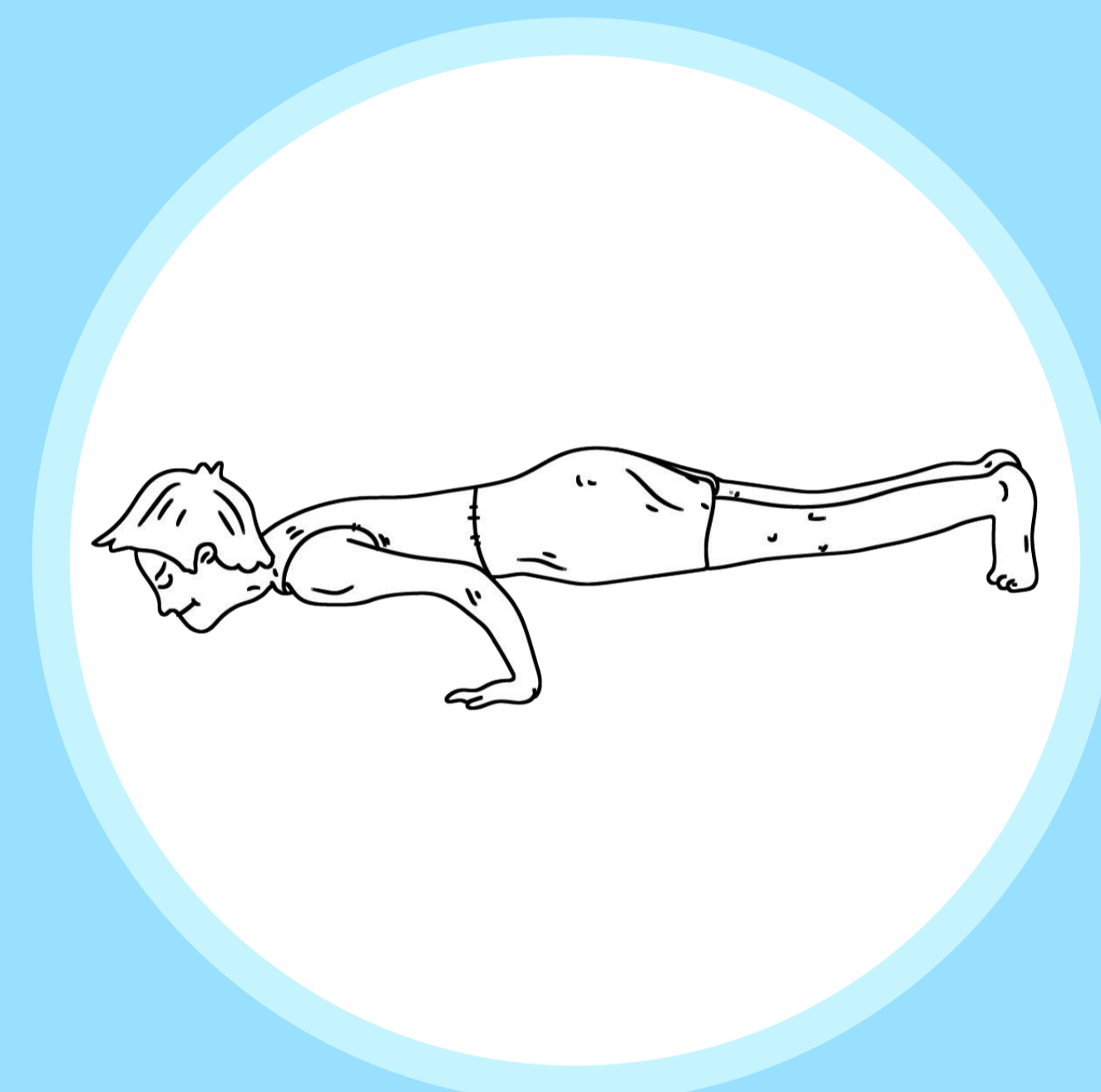
Simhāsana II
(lion)



Mayūrāsana
(peacock)



Padma Mayūrāsana
(lotus, peacock)



Haṁṣasana
(swan)



Aṣṭāvākṛāsana
(eight crooks)

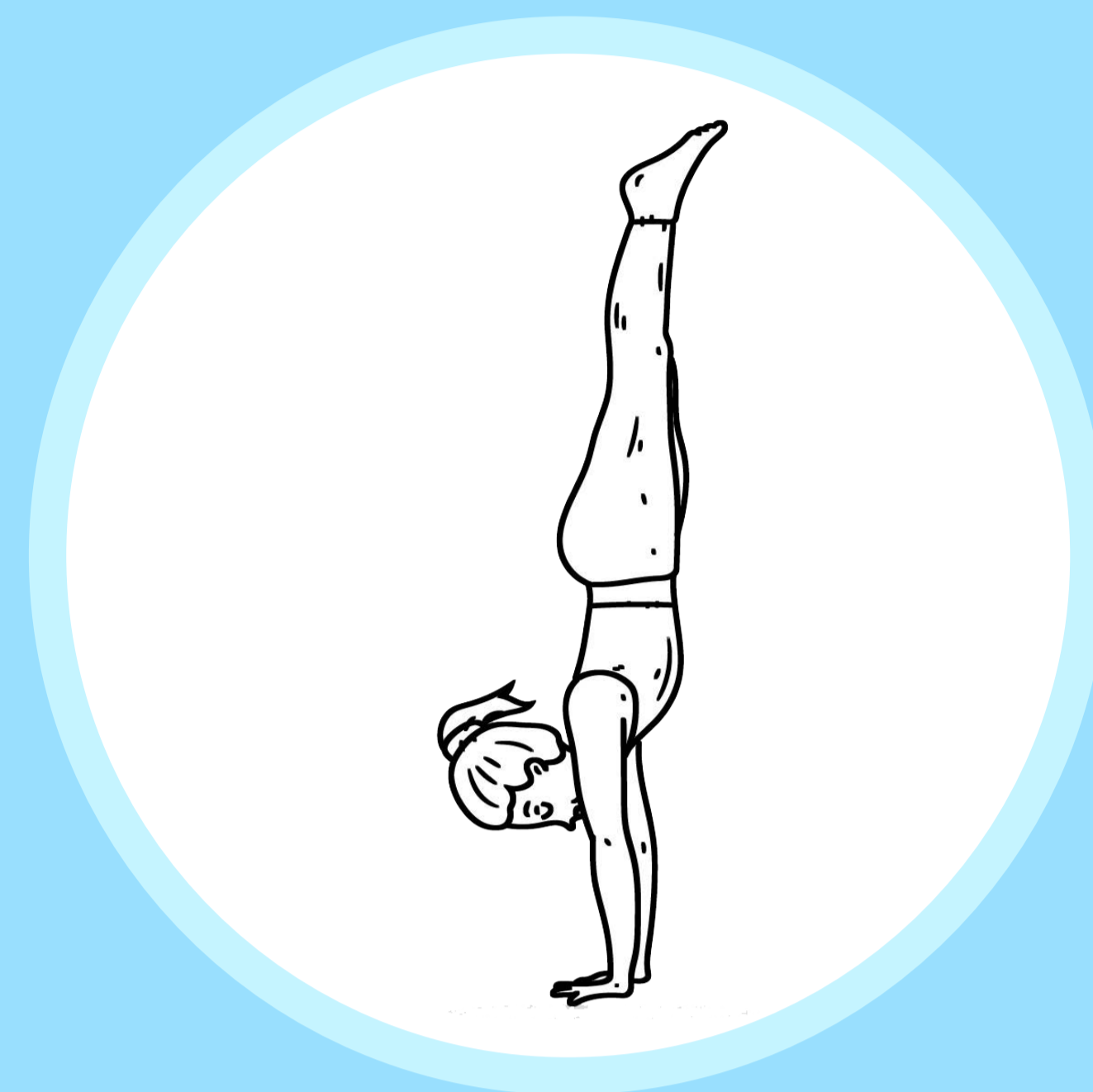


Bhujapīdāsana
(arm pressure)

Arms and Abdominal Organs (p. 3 of 5)



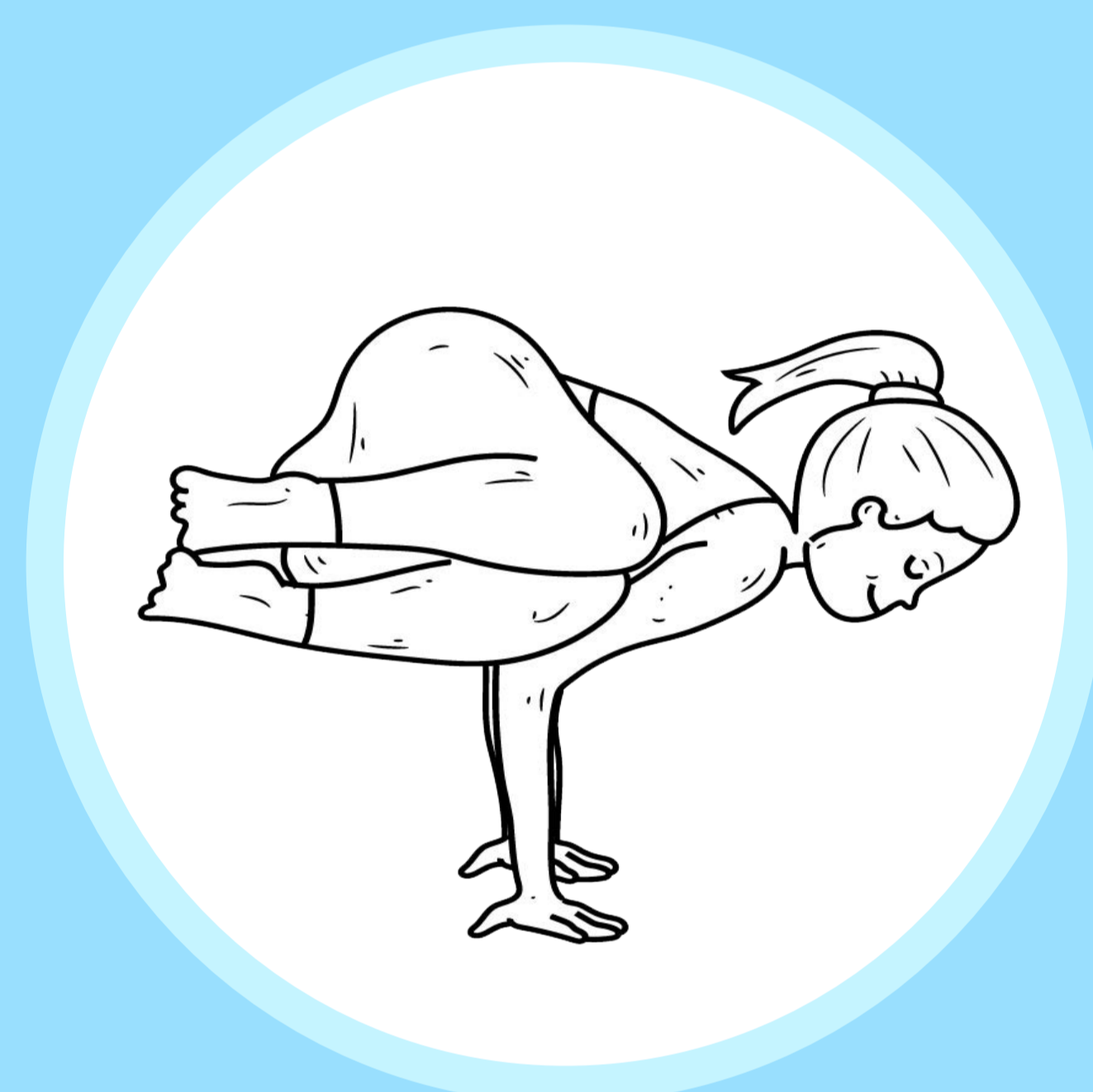
Pincha Mayūrāsana
(peacock feather)



Adhomukha Vṛkṣāsana
(handstand)



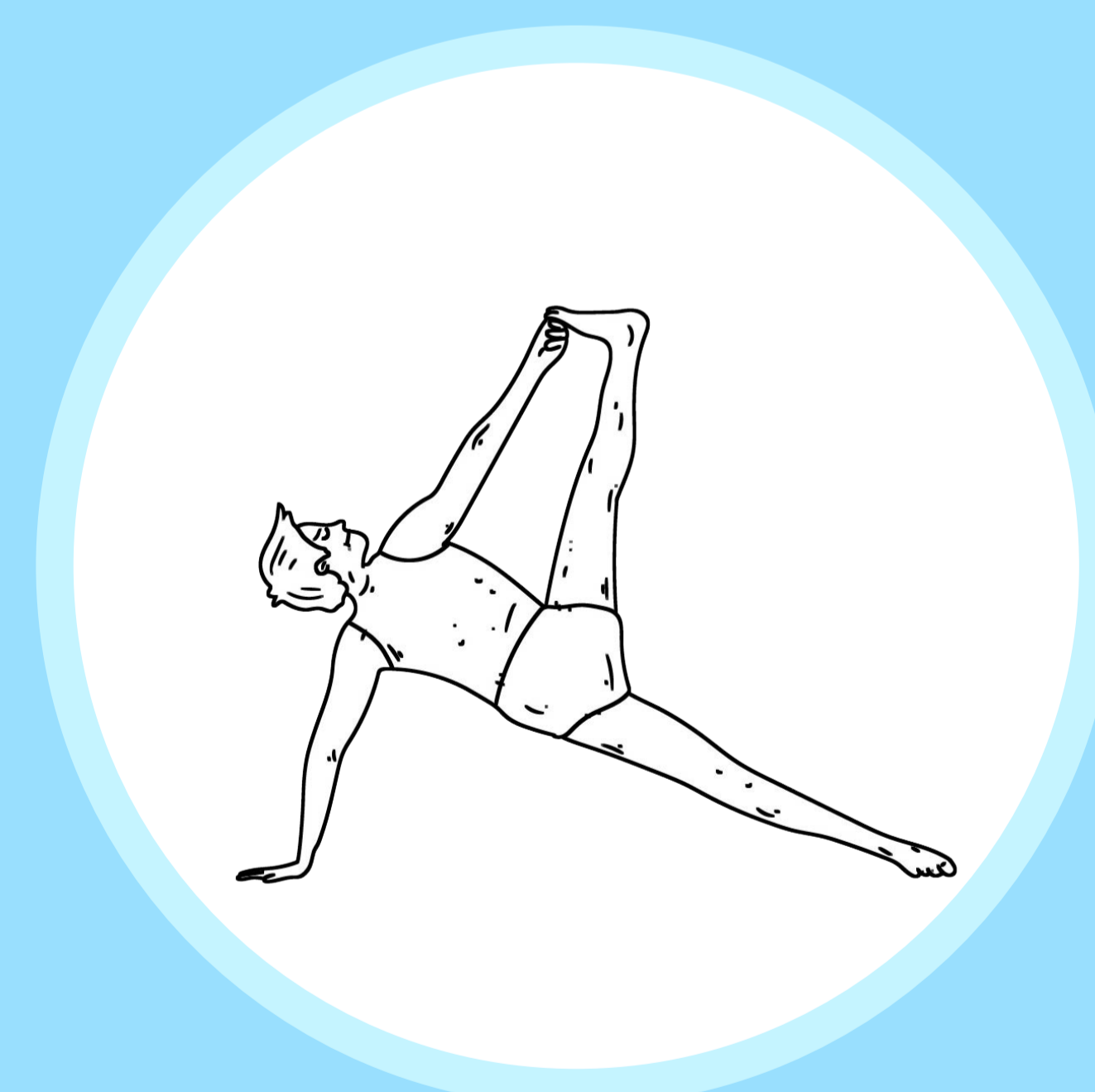
Bakāsana
(crow)



Pārśva Bakāsana
(side crow)



Ekahasta Bhujāsana
(elephant trunk)



Vasiṣṭhāsana
(side plank)

Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Arms and Abdominal Organs (p. 4 of 5)



Viśvāmitrāsana
(sage ascending)



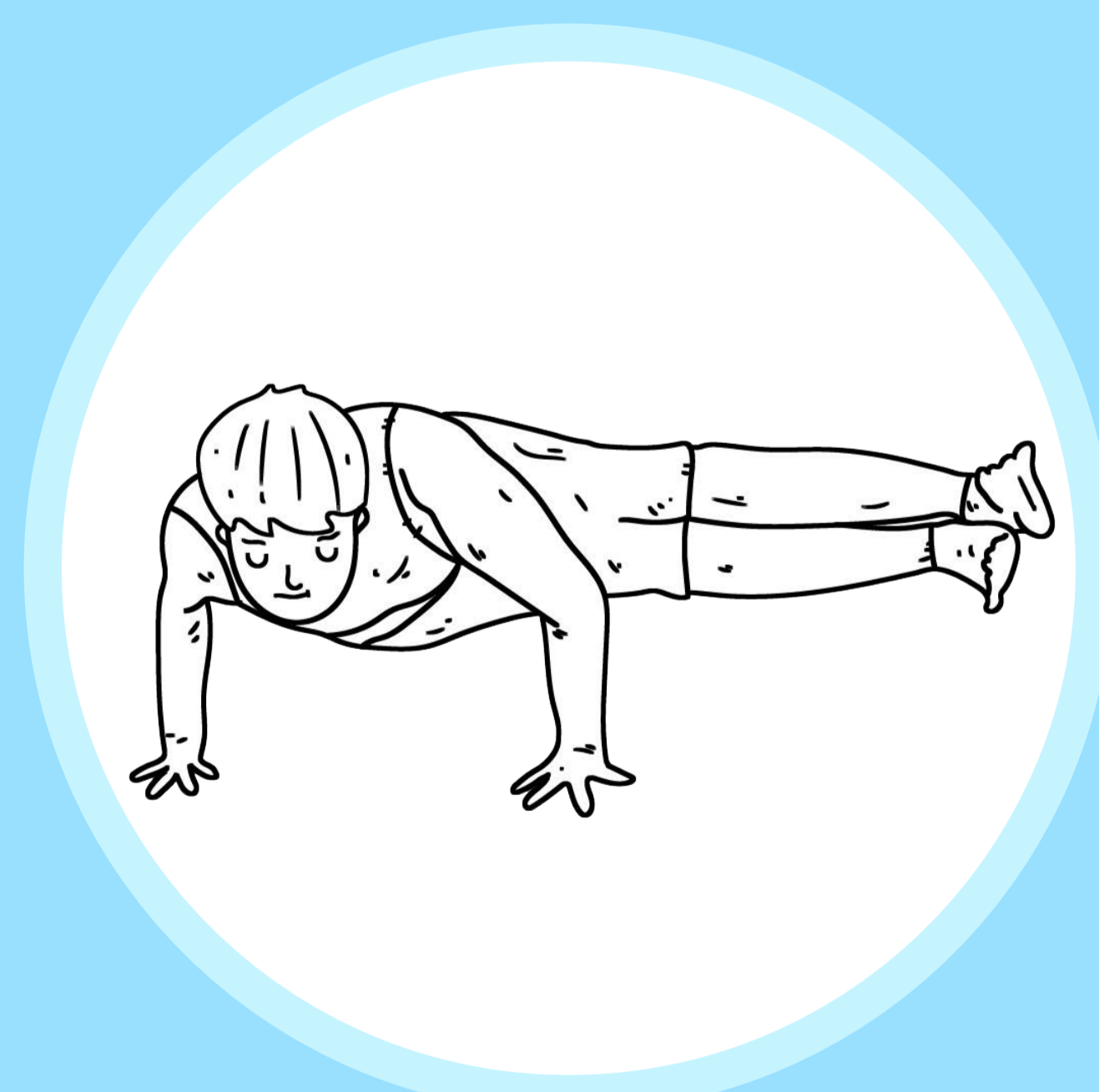
Tittibhāsana
(firefly)



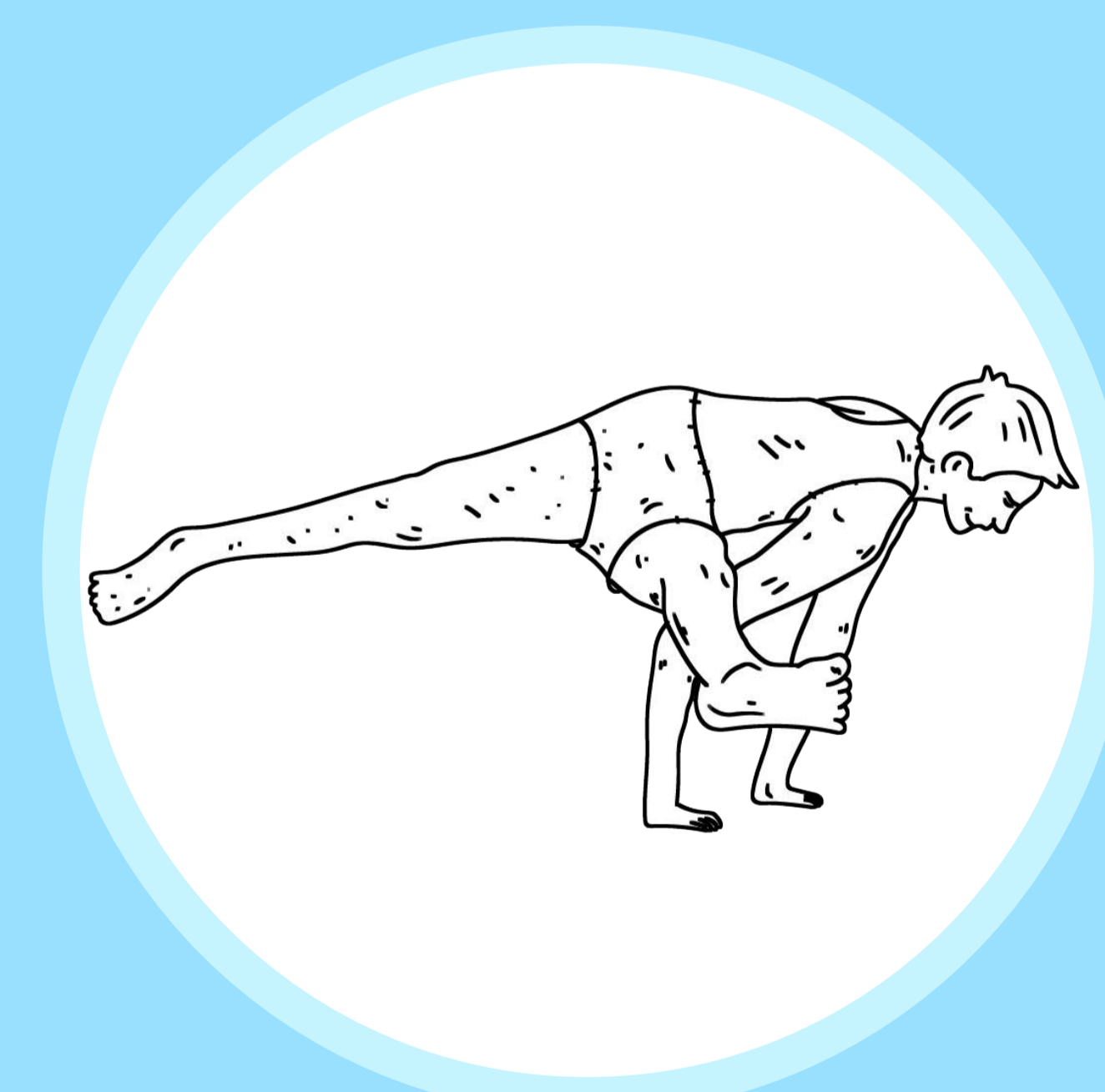
Ūrdhva Kukkuṭāsana
(upwards cock)



Parśva Kukkuṭāsana
(side cock)



Dwipāda Kouṇḍinyāsana
(flying twisted staff)



Ekapāda Kouṇḍinyāsana
(one leg sage)

This content has not been reviewed by a doctor. This is not medical advice. Please discuss any yoga program and supplements with your doctor to see if it's right for you, your body, and your condition. Learning yoga postures online without a live, qualified teacher is risky. Please find a good teacher and work with them live. Most poses shown are very advanced and modification will be required for each body type. Investinprana.com

Arms and Abdominal Organs (p. 5 of 5)



Ekapāda Bakāsana I
(one legged crane I)



Ekapāda Bakāsana II
(one legged crane II)



Gālāvāsana
(sage)



Ekapāda Gālāvāsana
(flying pigeon)



Viparīta Chakrāsana
(inverted wheel)