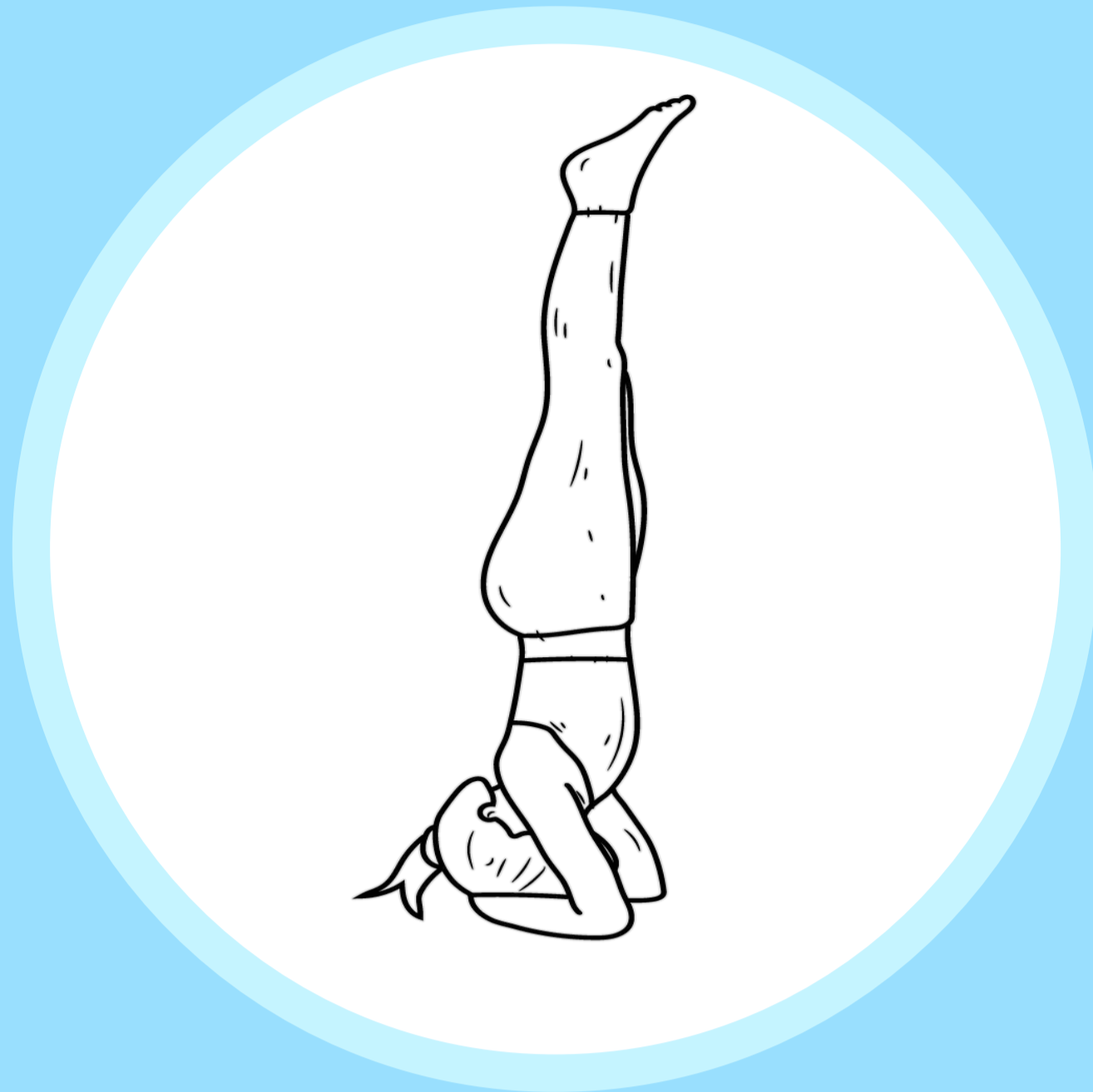


Epilepsy (p. 1 of 3)



Sālamba Śīrṣāsana
(supported headstand)



Halāsana
(plow)



Pārśva Halāsana
(side plow)



Jānu-Śīrṣāsana
(head to knee)



Paschimottānāsana
(staff)



Ujjayi Pranayama Without Retention

Epilepsy (p. 2 of 3)



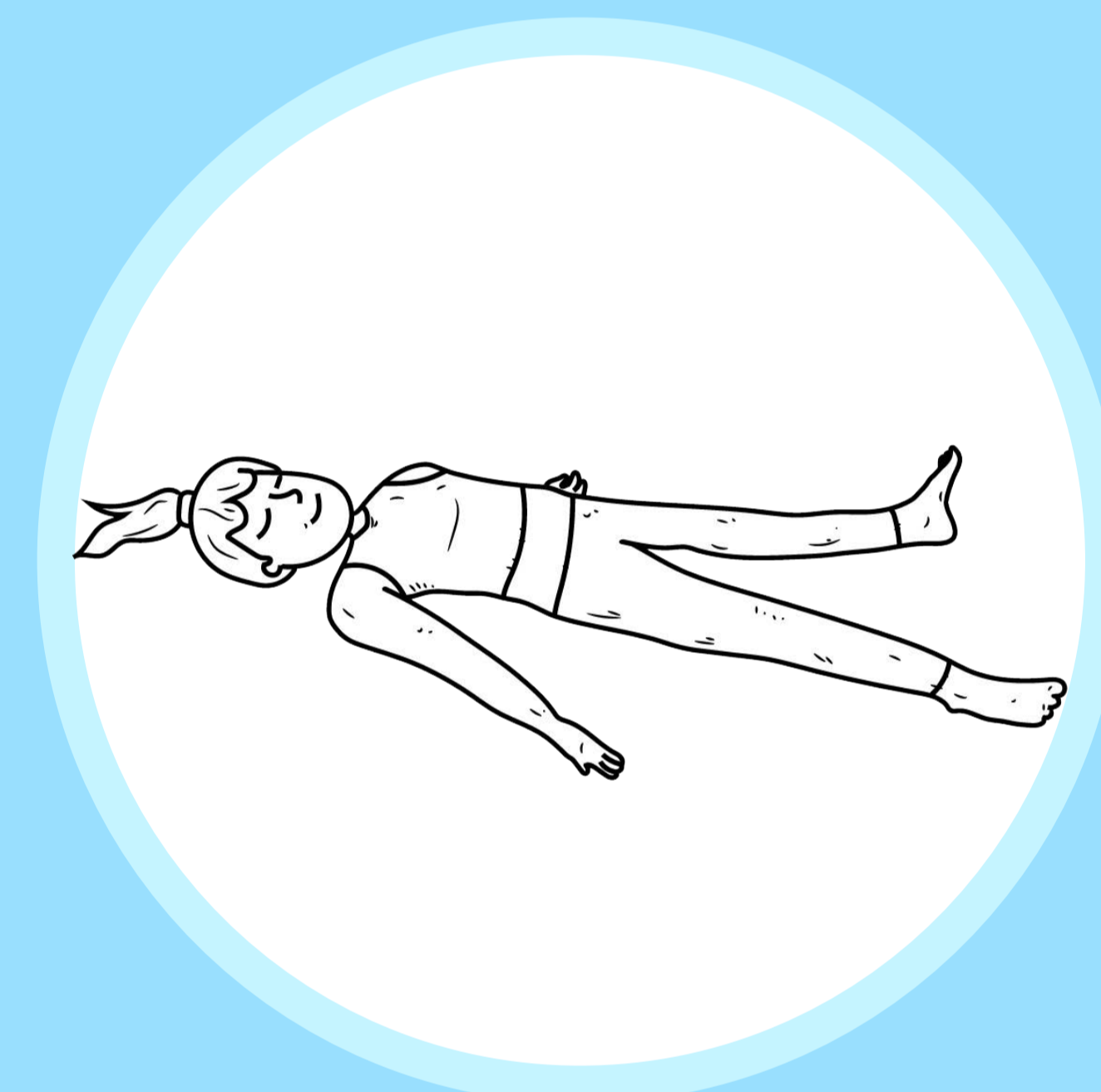
Nādi Śodhana
(alternate nostril breathing)



Magnesium



Śanmukhi Mudra
(six mouths)



Śavāsana
(corpse)



Śīтали
(cooling)



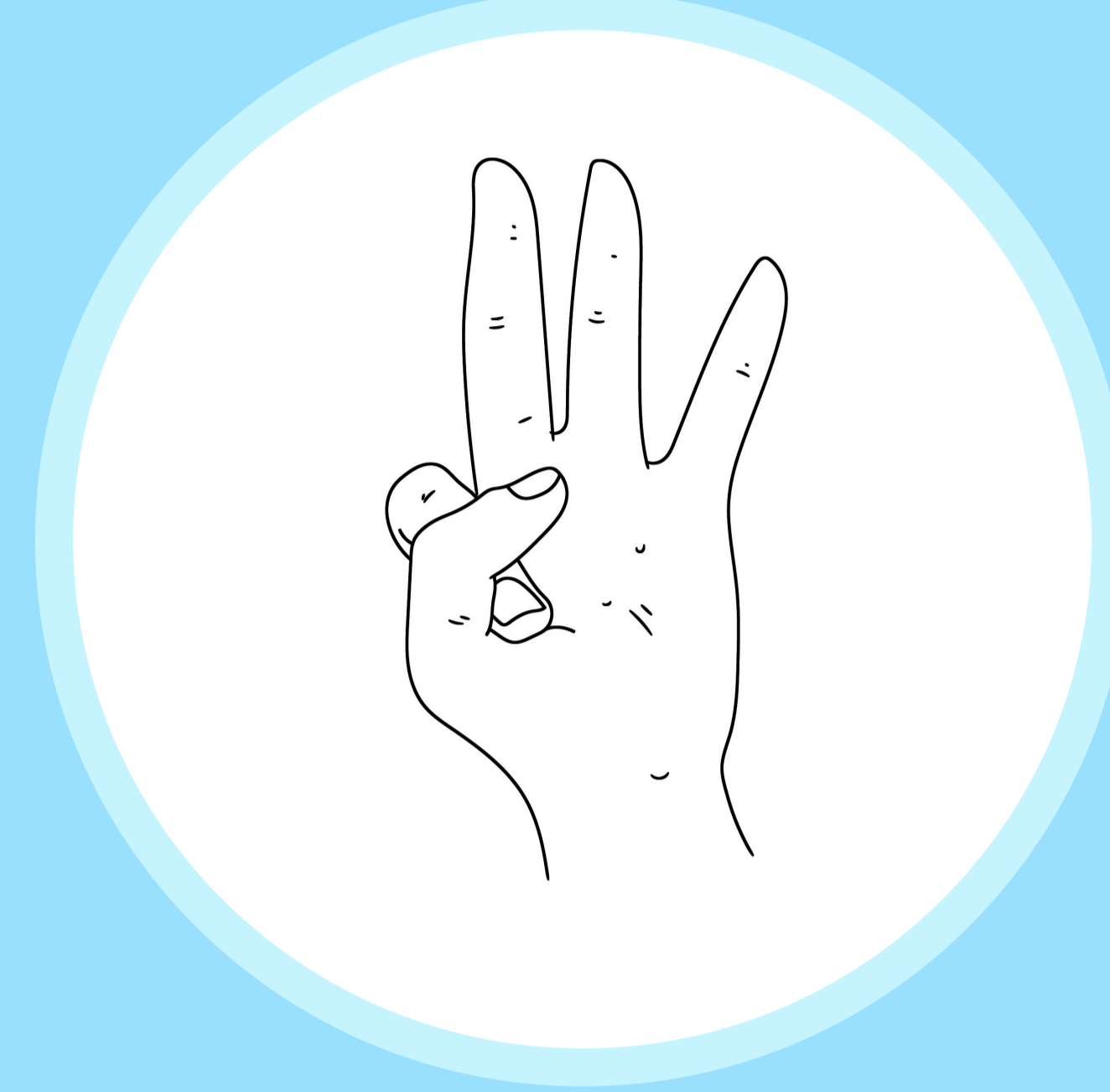
Meditation

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

Epilepsy (p. 3 of 3)



Dhyana



Vayu Mudra

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