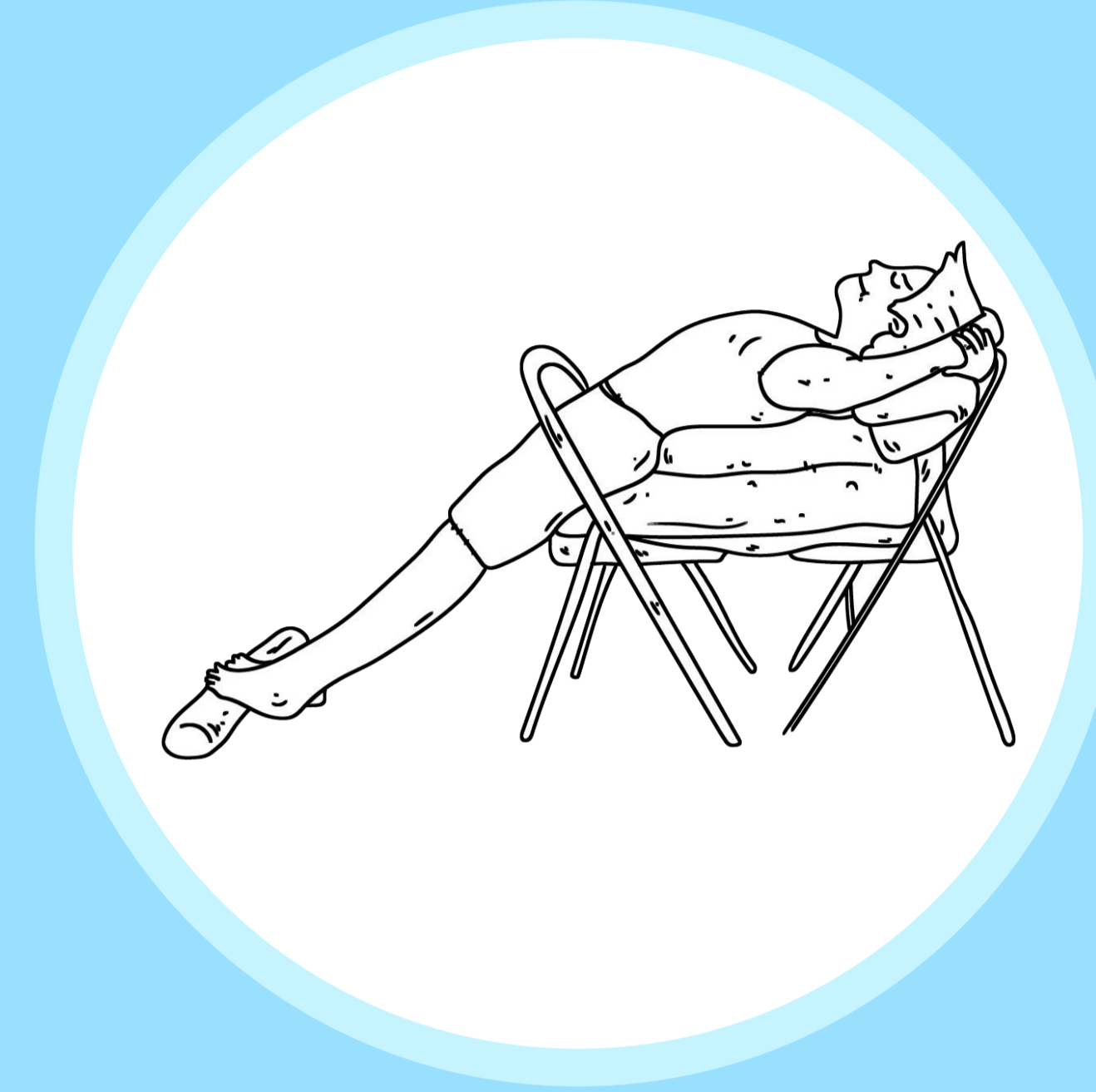


Depression and Fatigue

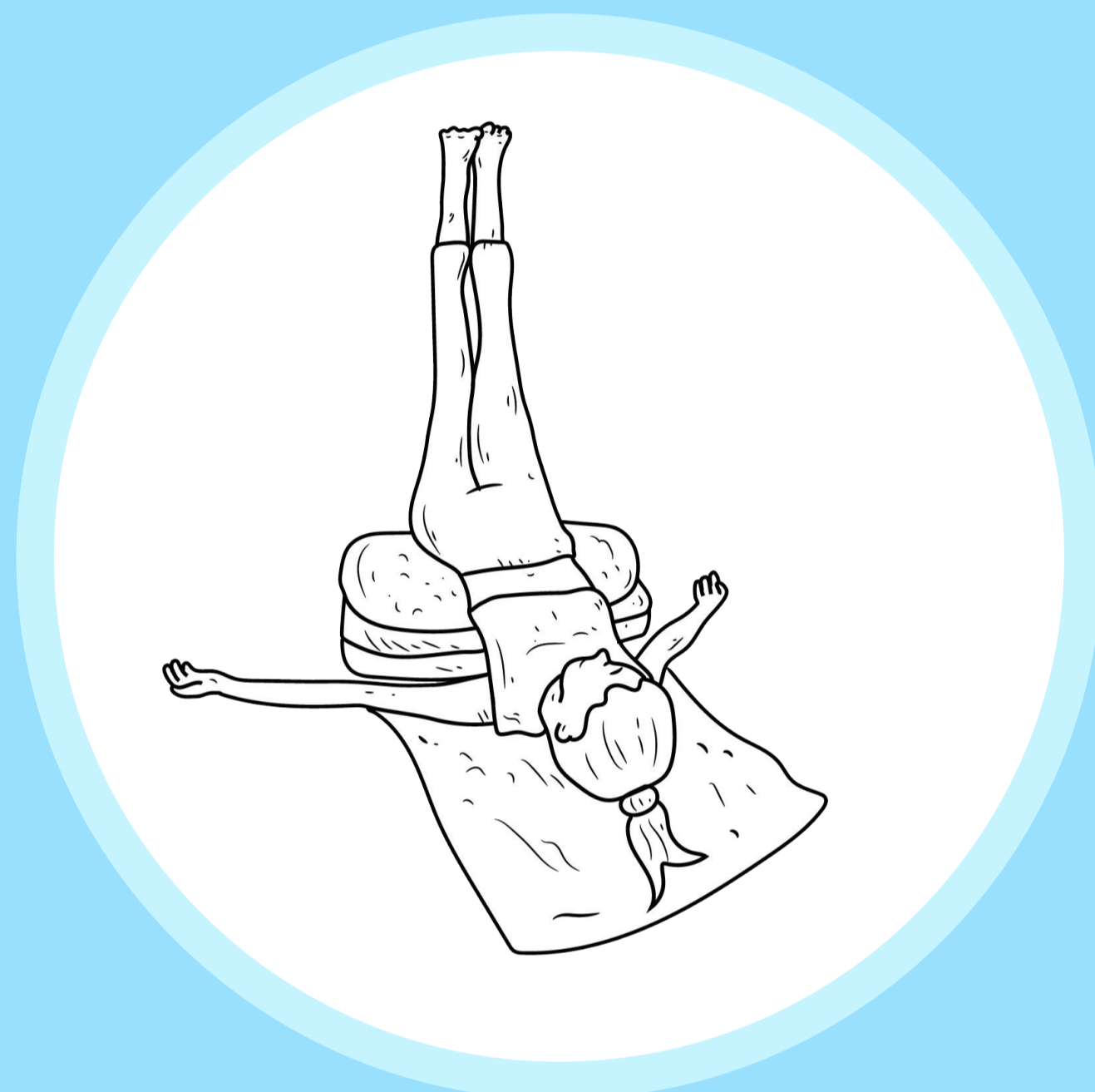
(p. 1 of 8)



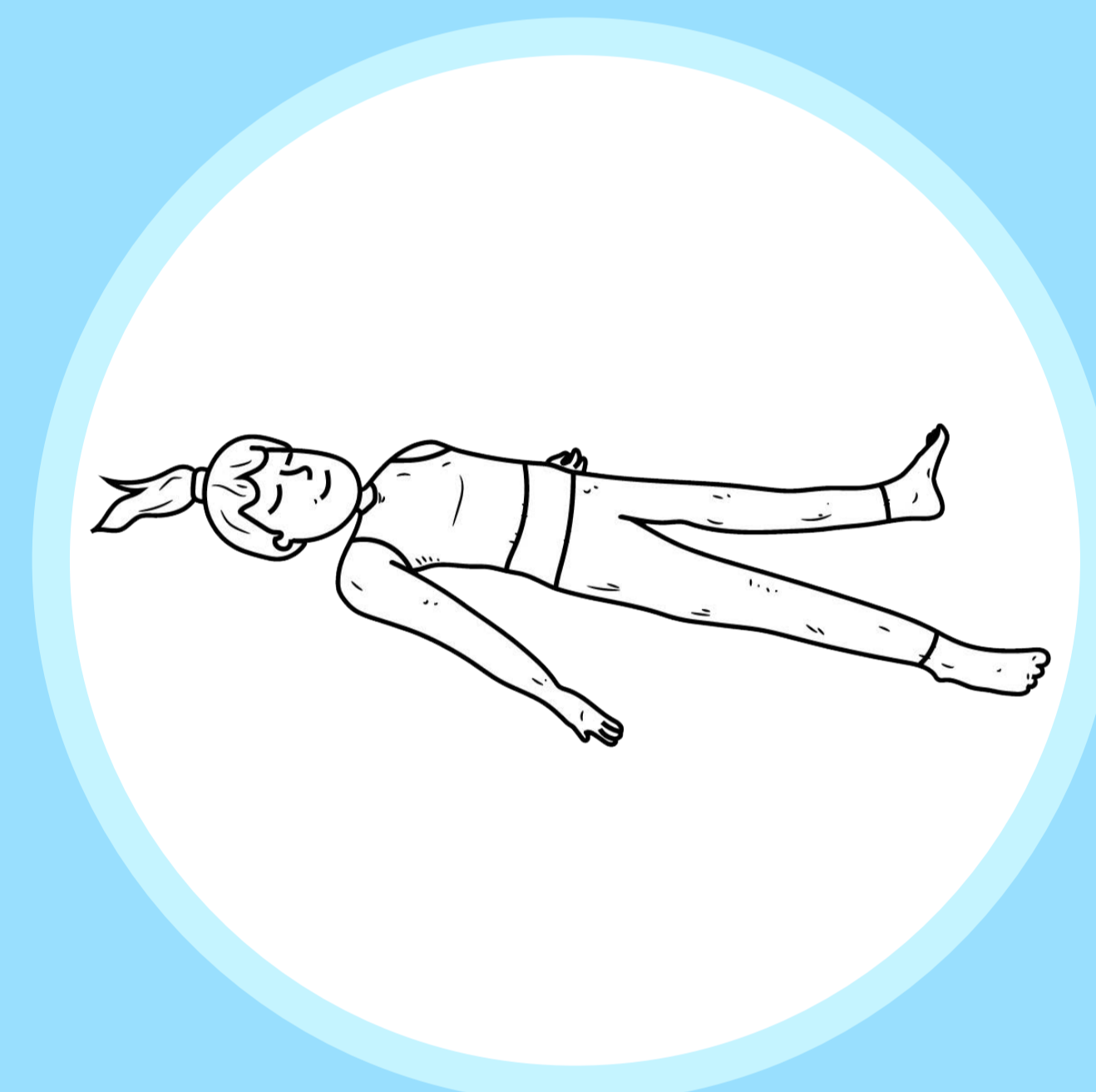
Salamba Setu Bandhasana
(supported bridge)



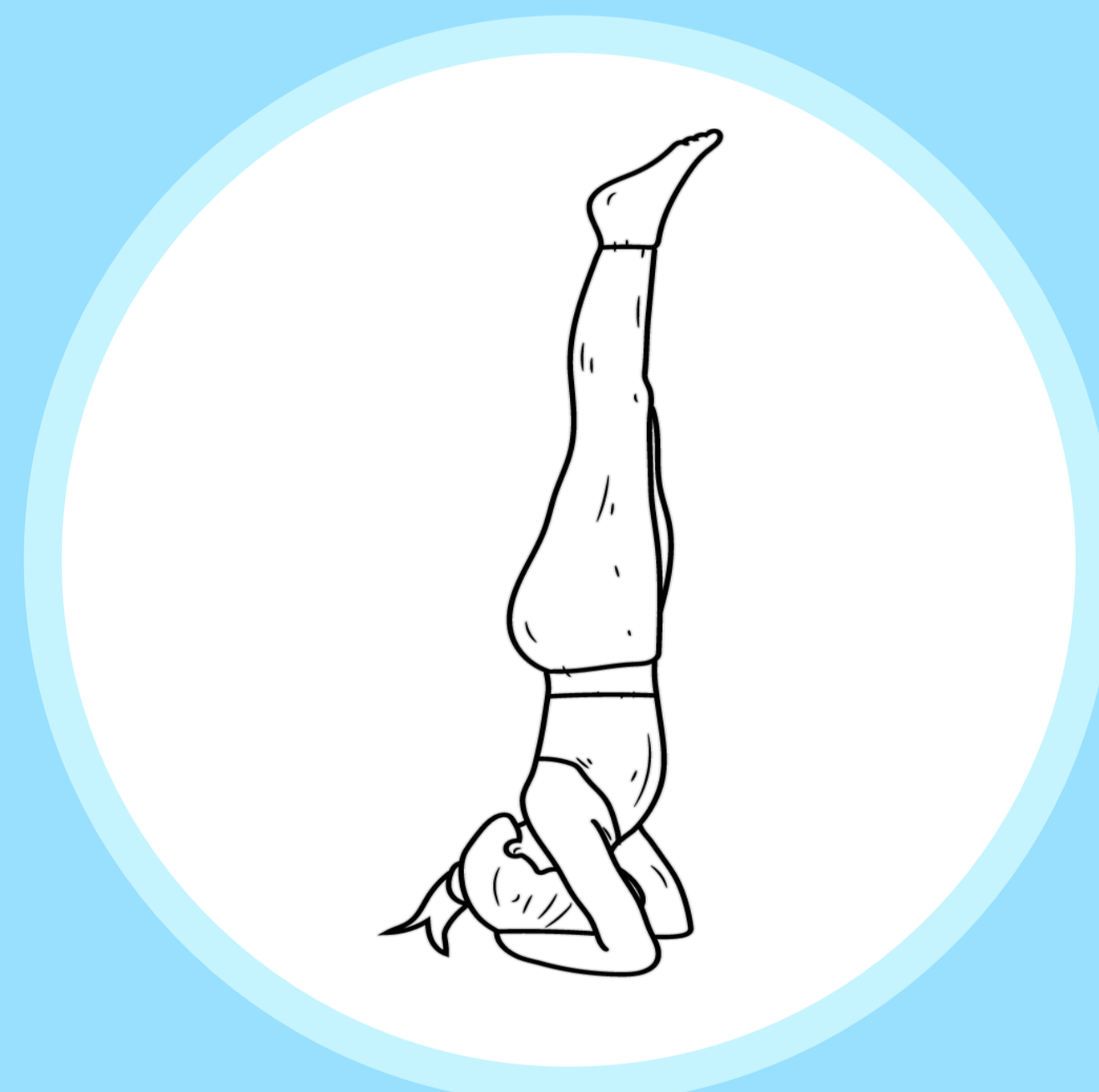
Salamba Ūrdhva Dhanurāsana
(supported wheel)



Viparita Karani
(legs-up-the-wall)



Śavāsana
(corpse)



Sālamba Śīrṣāsana
(supported headstand)



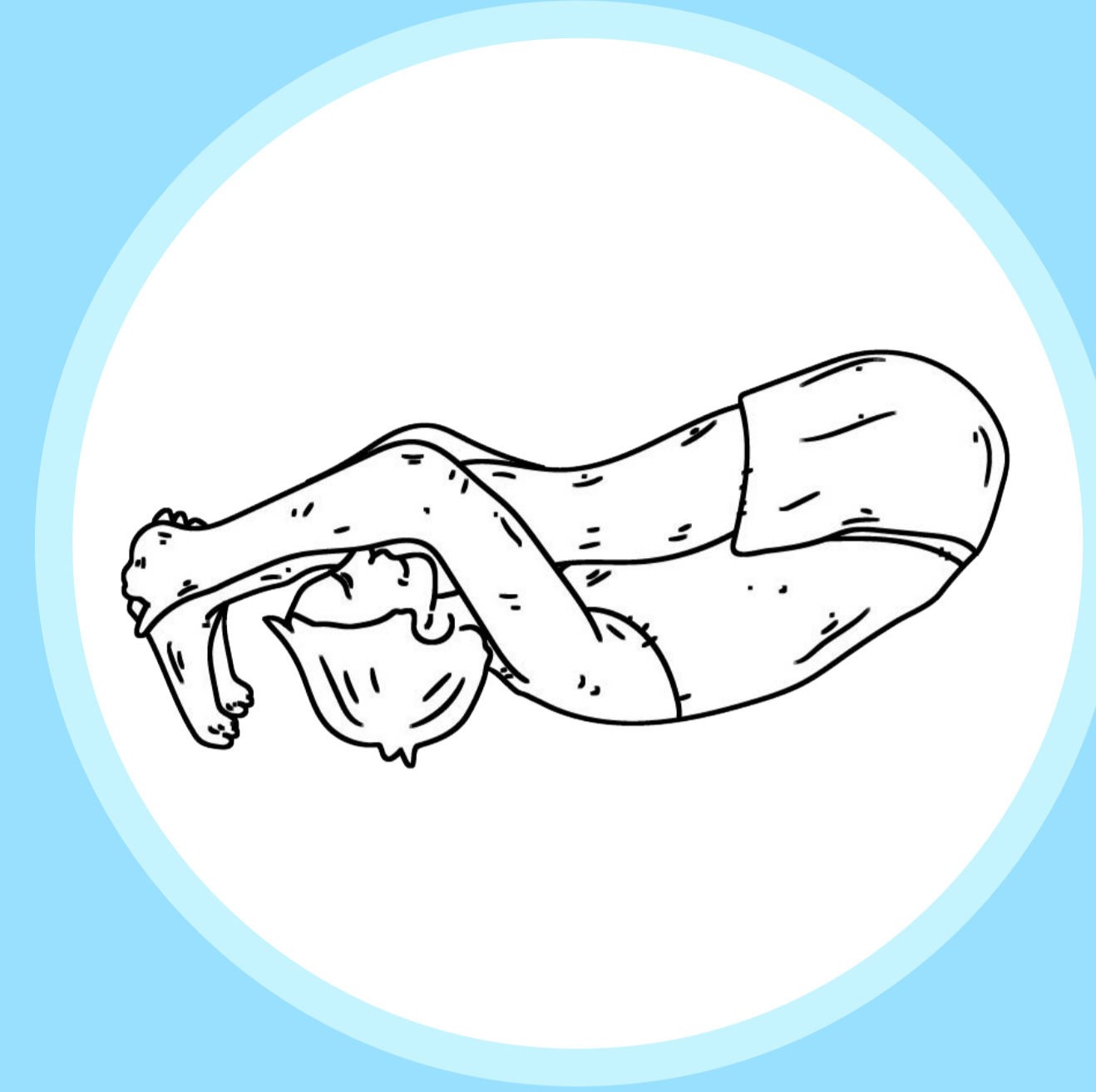
Halāsana
(plow)

Depression and Fatigue

(p. 2 of 8)



Paschimottānāsana
(staff)



Ūrdhva Mukha Paschimottānāsana II
(upside down staff)



Adhomukha Śvānāsana
(downward dog)



Uttānāsana
(forward fold)



Ardha Marīchyāsana I
(bound forward fold)



Pāsāsana
(cord)

Depression and Fatigue

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Mālāsana
(garland) II



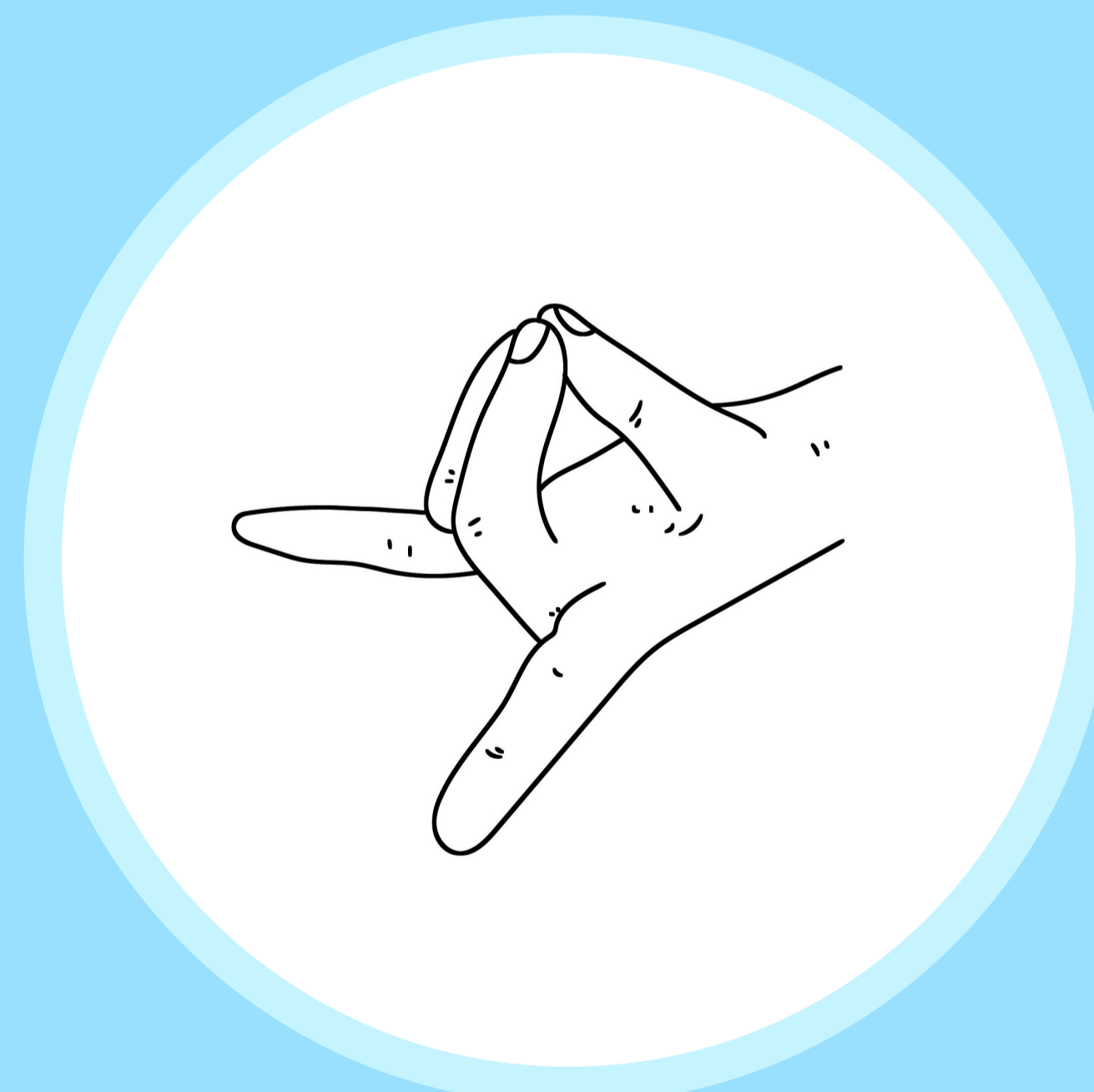
Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)



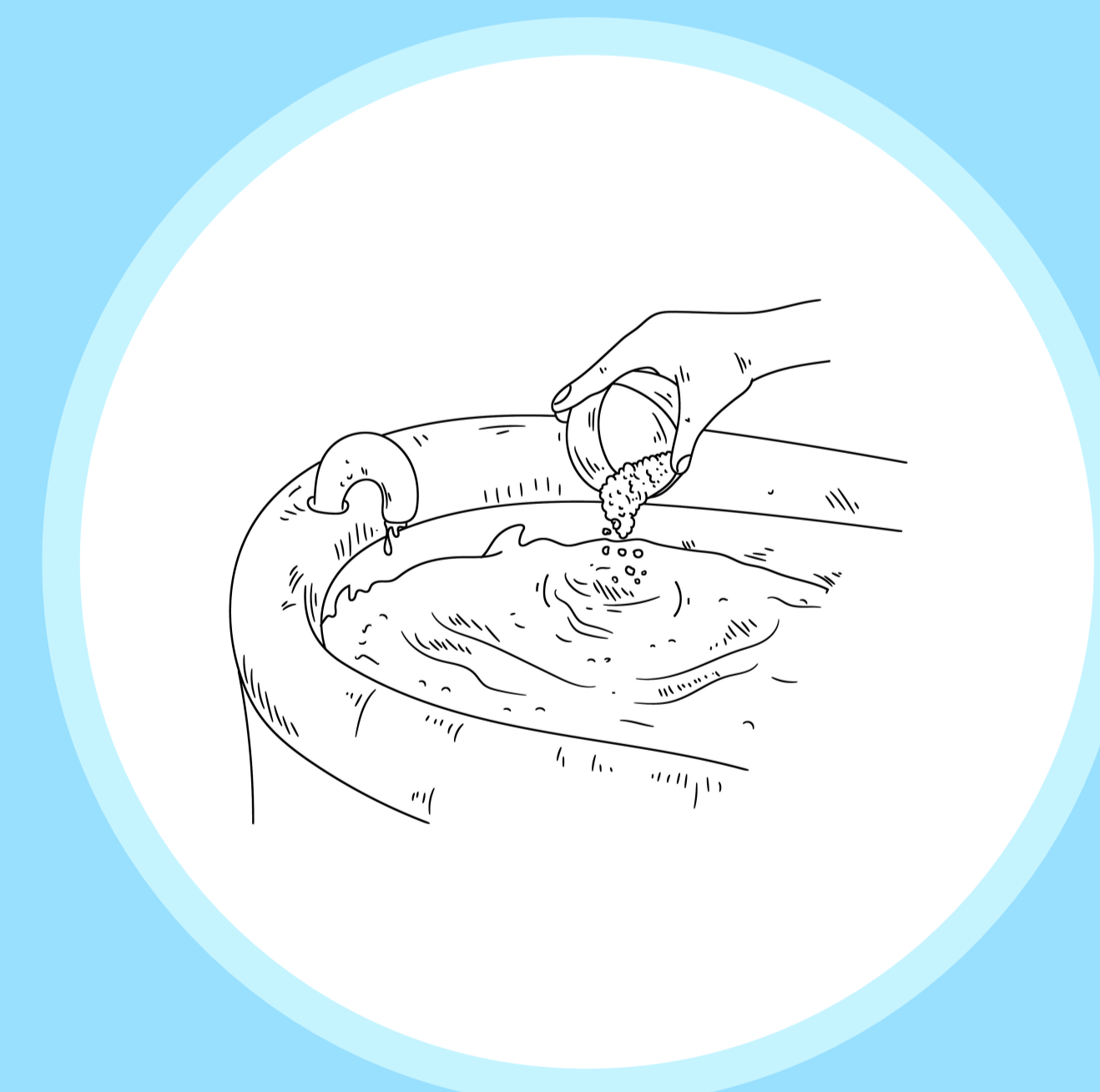
Nādī Śodhana without
Retention



Sarsaparilla



Apan Mudra
(energy mudra)



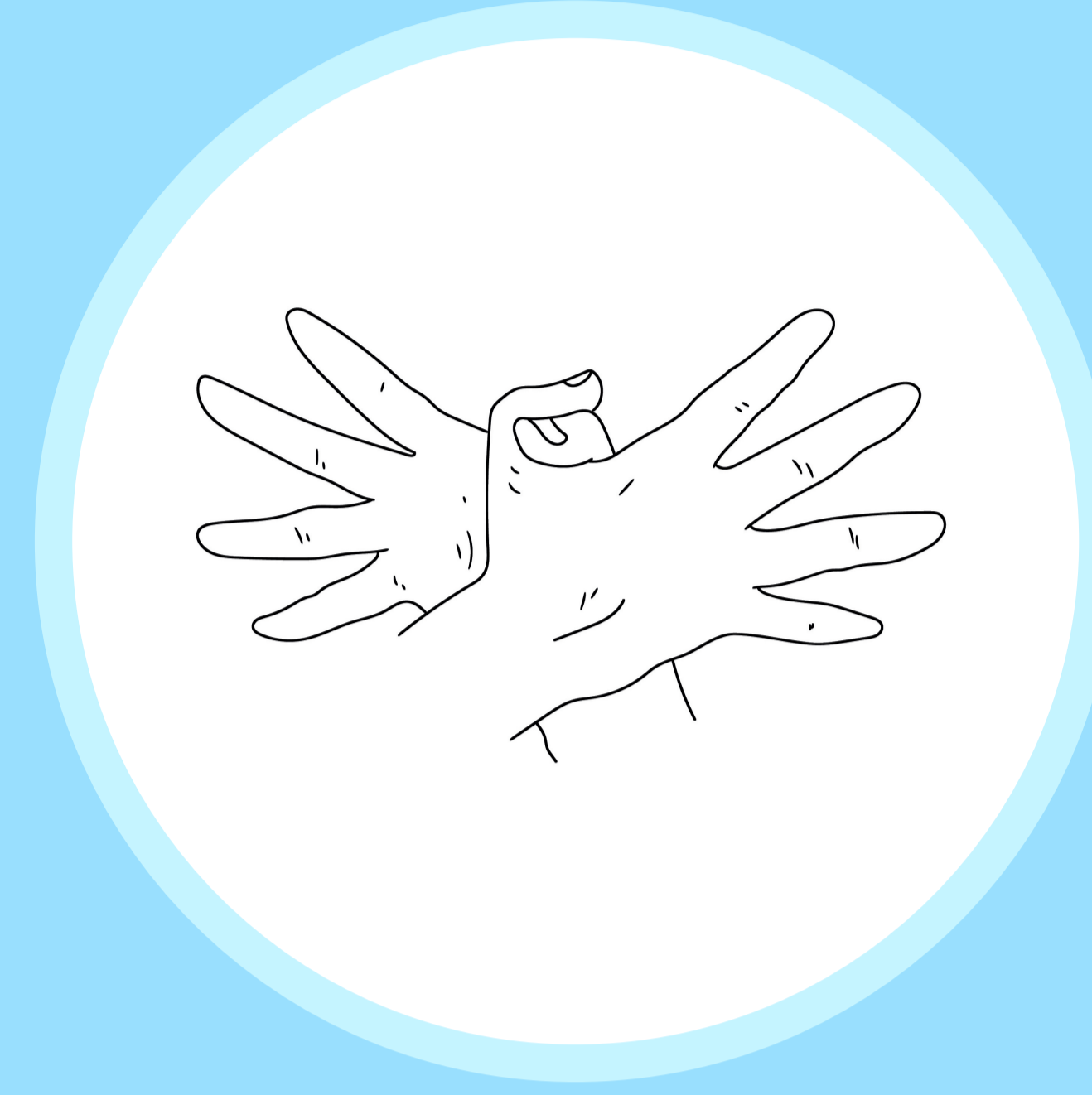
Epsom Salt Bath

Depression and Fatigue

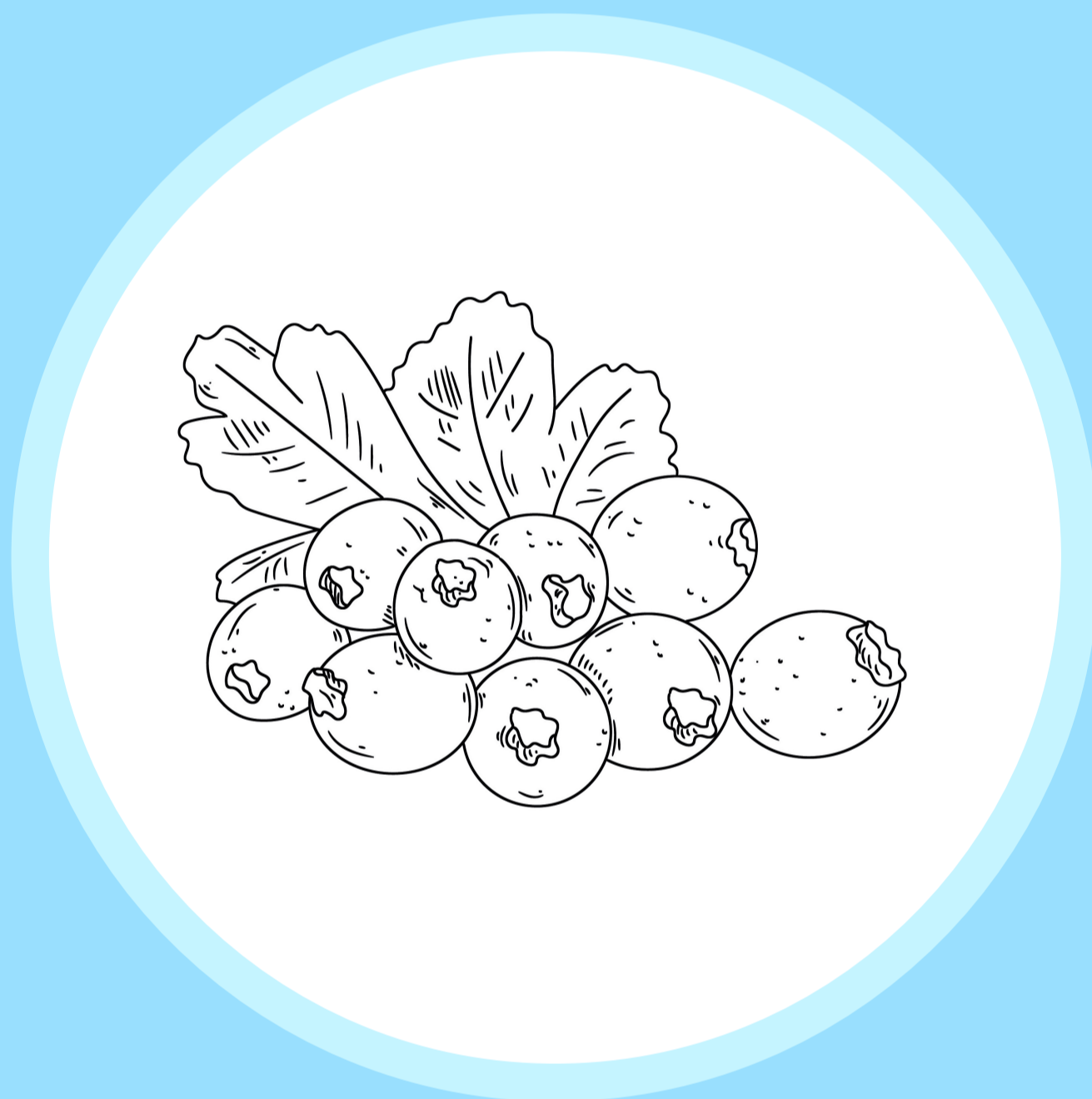
(p. 4 of 8)



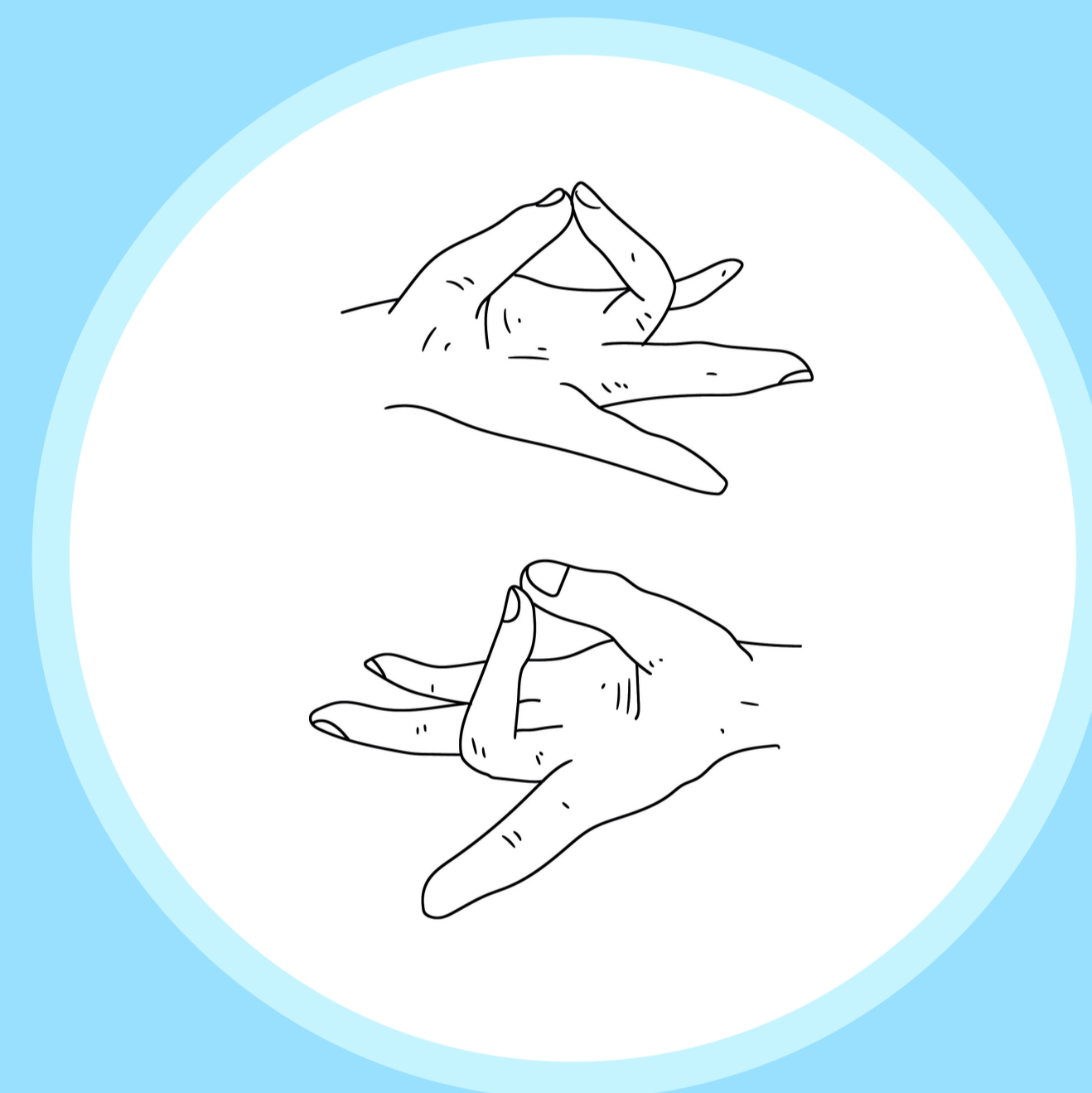
Ganesha Mudra



Garuda Mudra



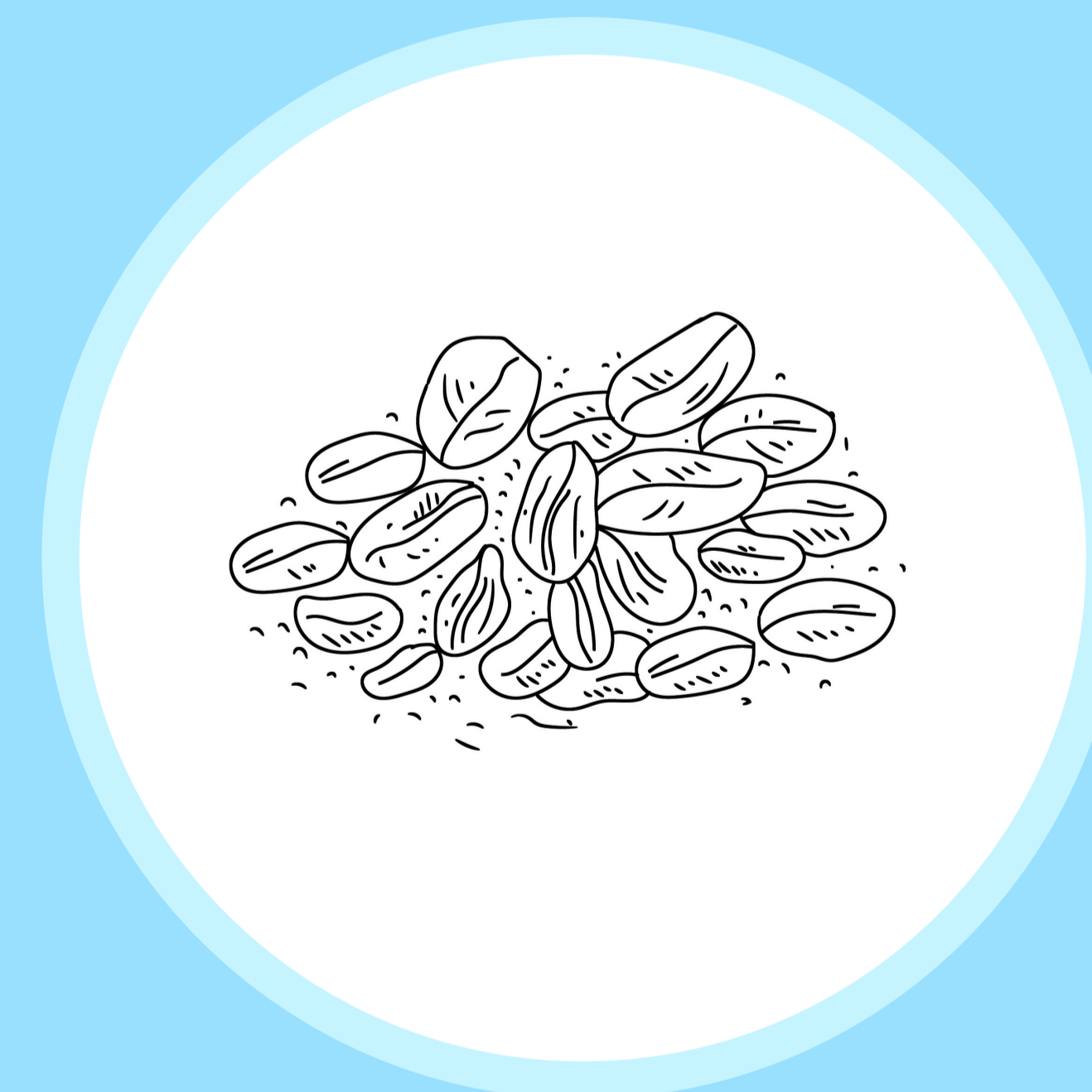
Hawthorn



Joint Mudra



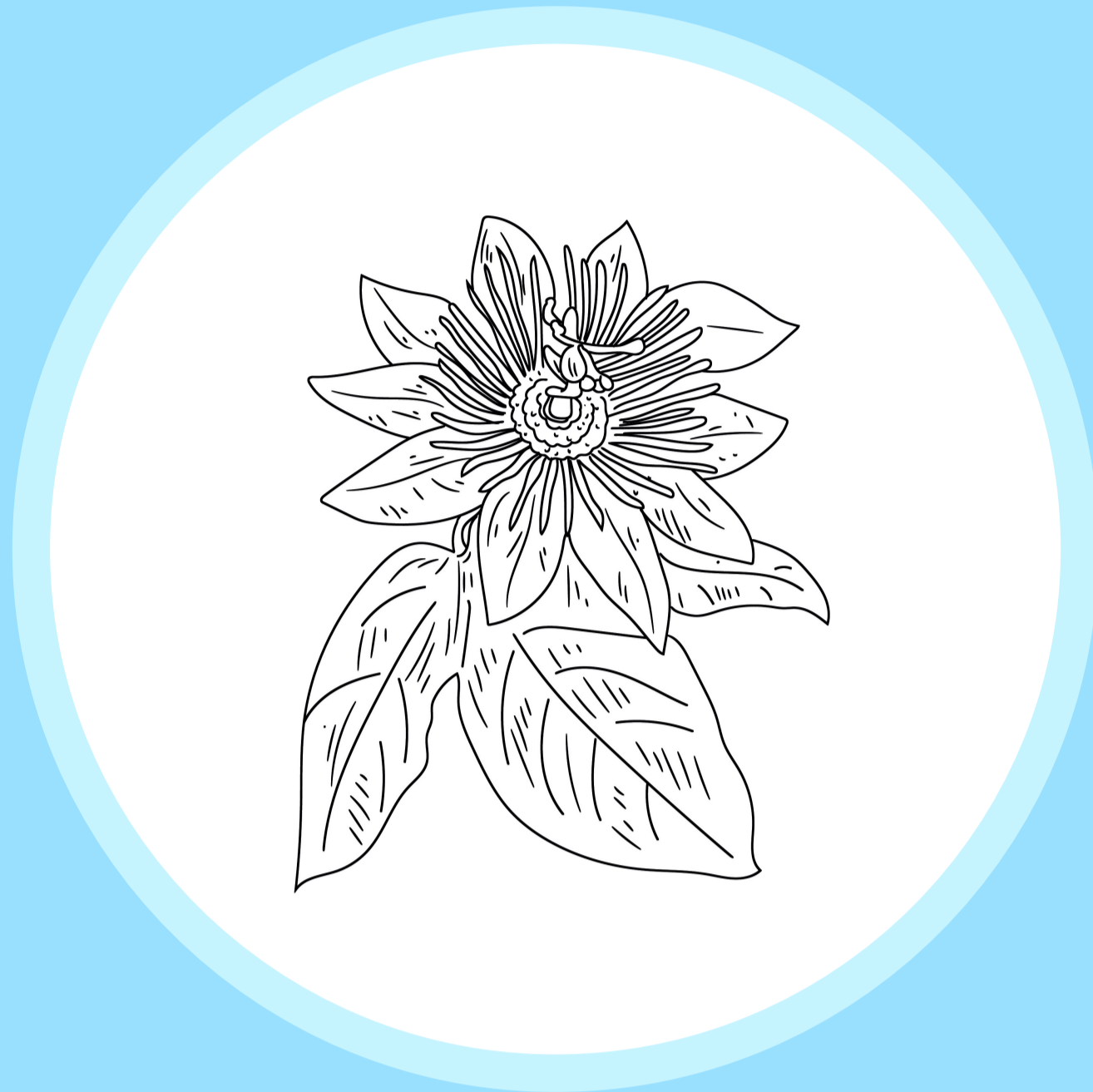
Large Bottle of Water



Oat

Depression and Fatigue

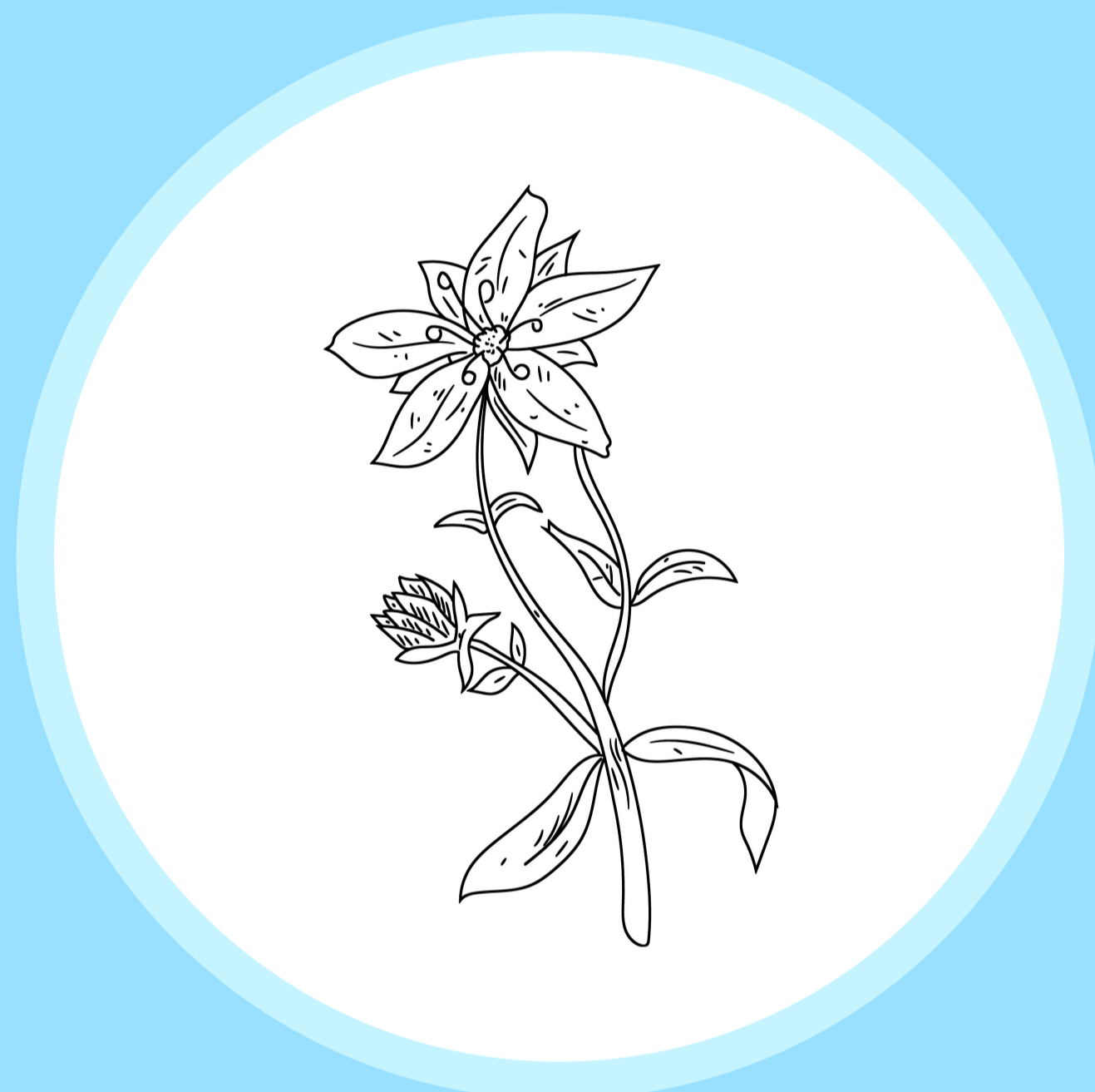
(p. 5 of 8)



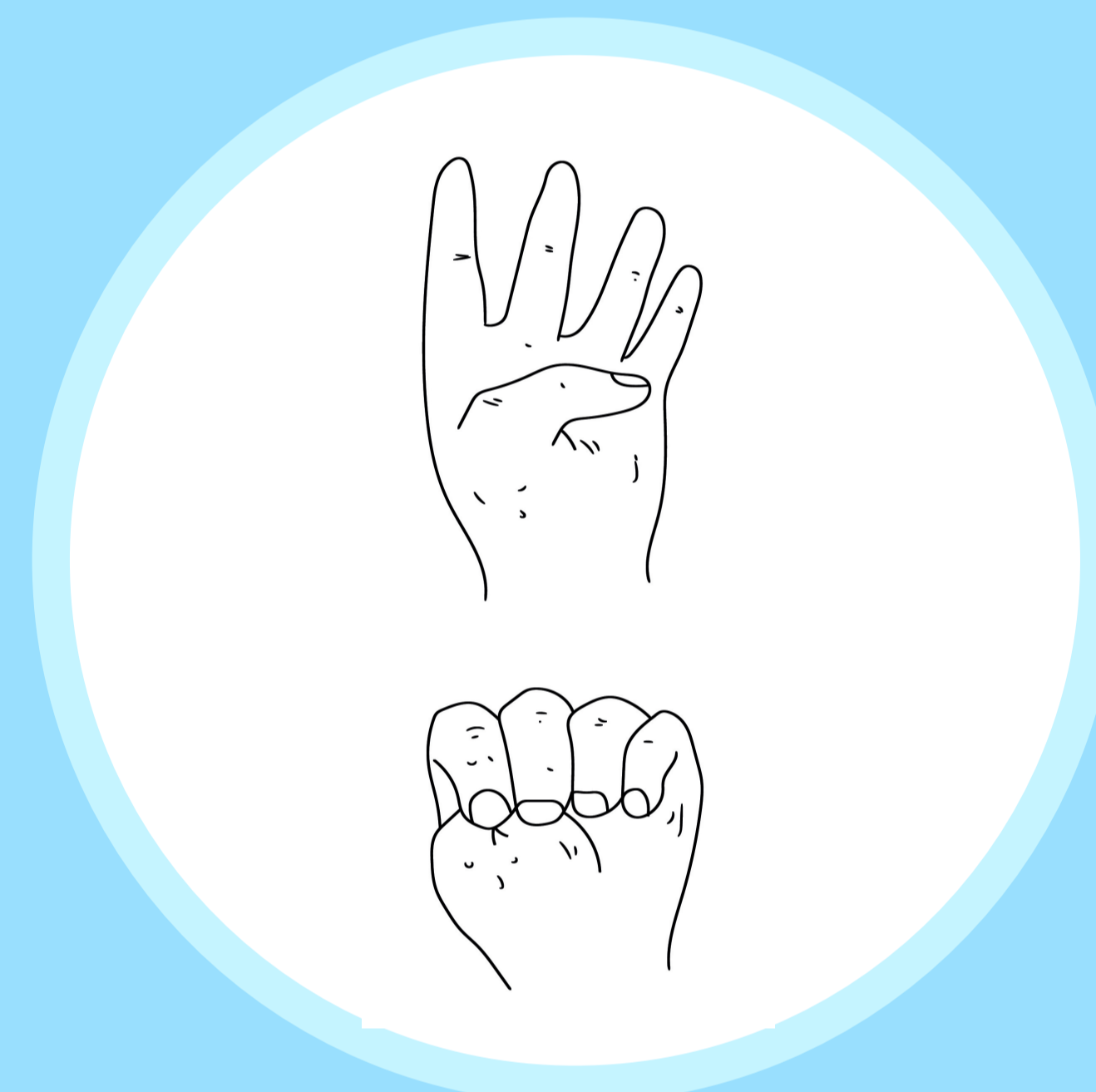
Passionflower



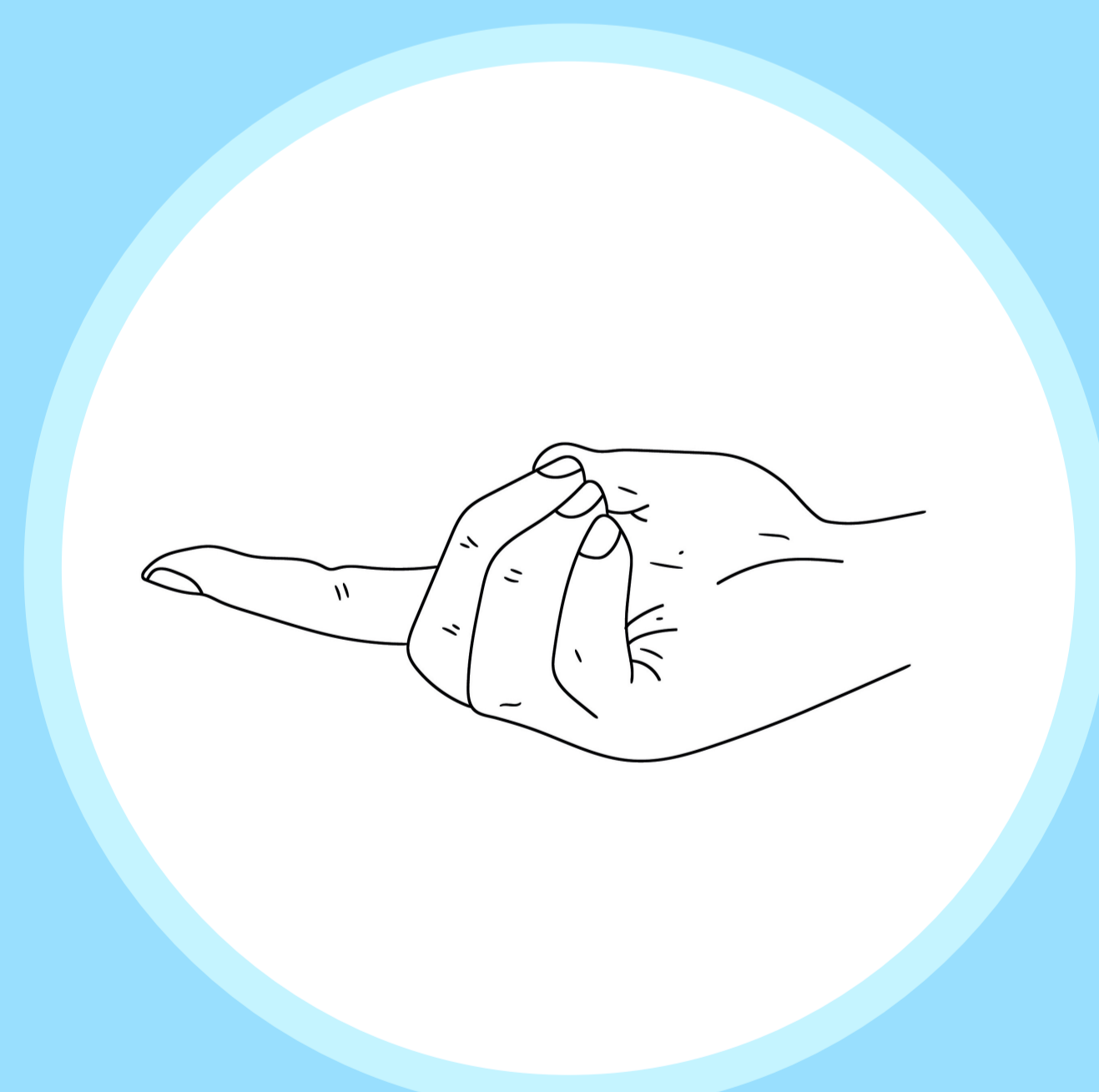
Pran Mudra



St John's Wort



Tse Mudra



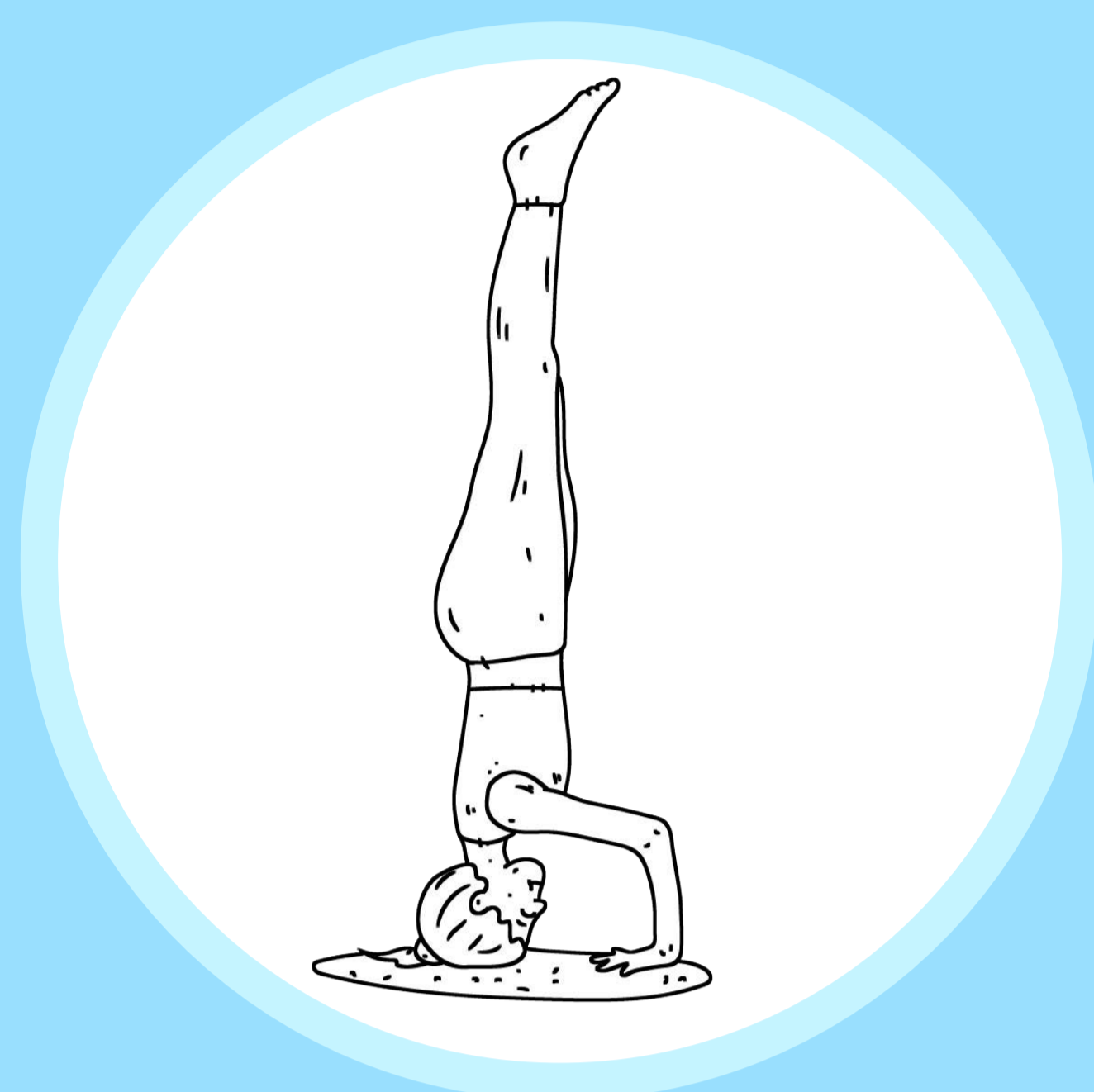
Vajra Mudra



Magnesium

Depression and Fatigue

(p. 6 of 8)



Sirsana
(head stand)



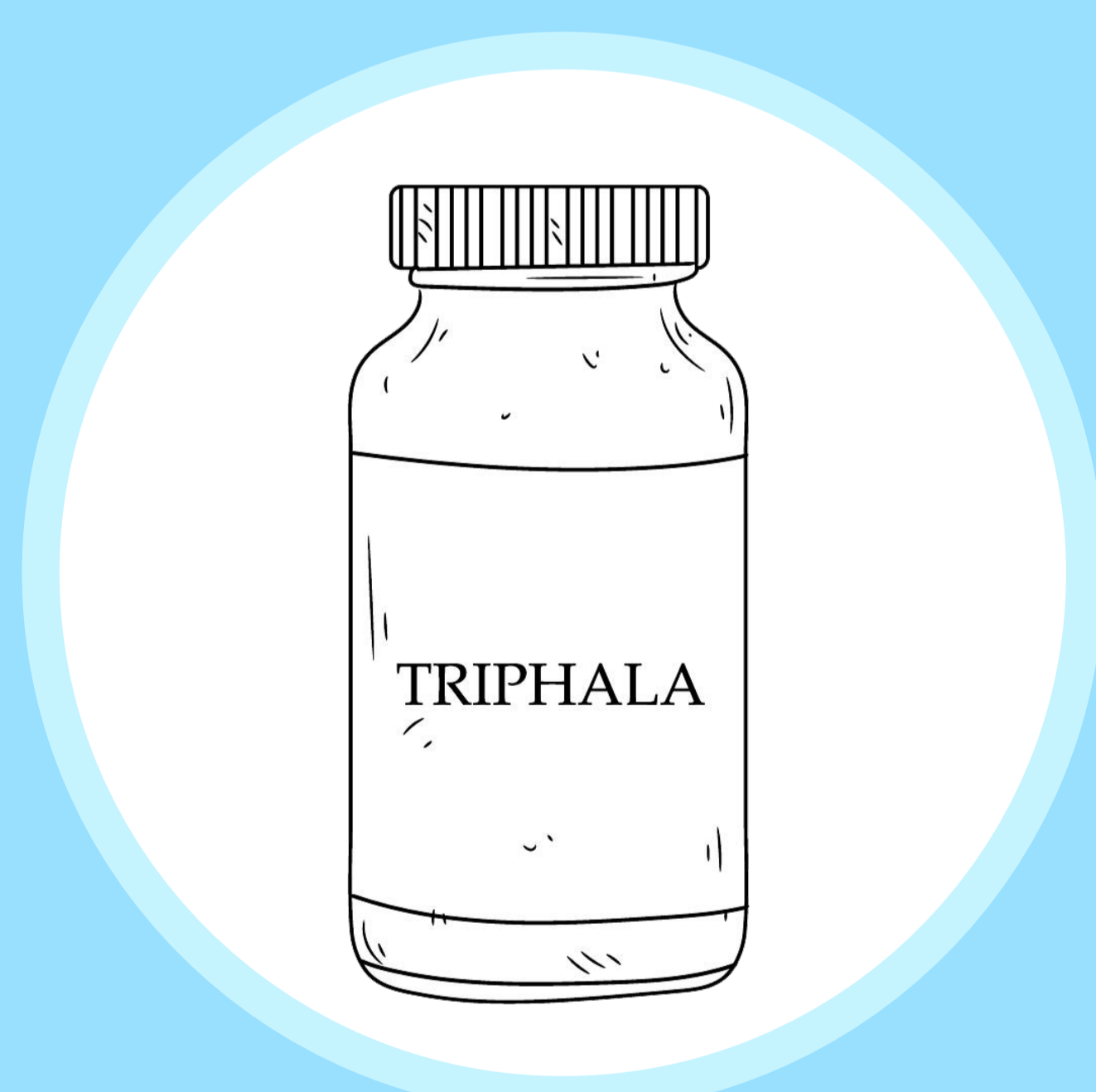
Ujjayi Pranayama



Meditation



Trāṭaka
(fire gaze)



Triphala



Lemon Juice

Depression and Fatigue (p. 7 of 8)



Ginger



Cumin, Celery, and Fennel Tea



Laugh or Watch Funny Movie



B Vitamins



Limit Sugar



Limit Alcohol

Depression and Fatigue (p. 8 of 8)



Lavender