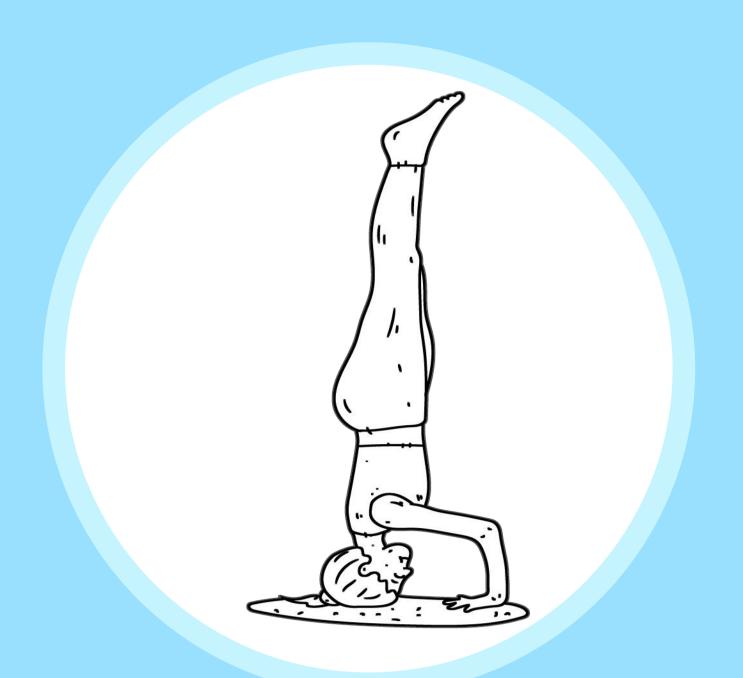
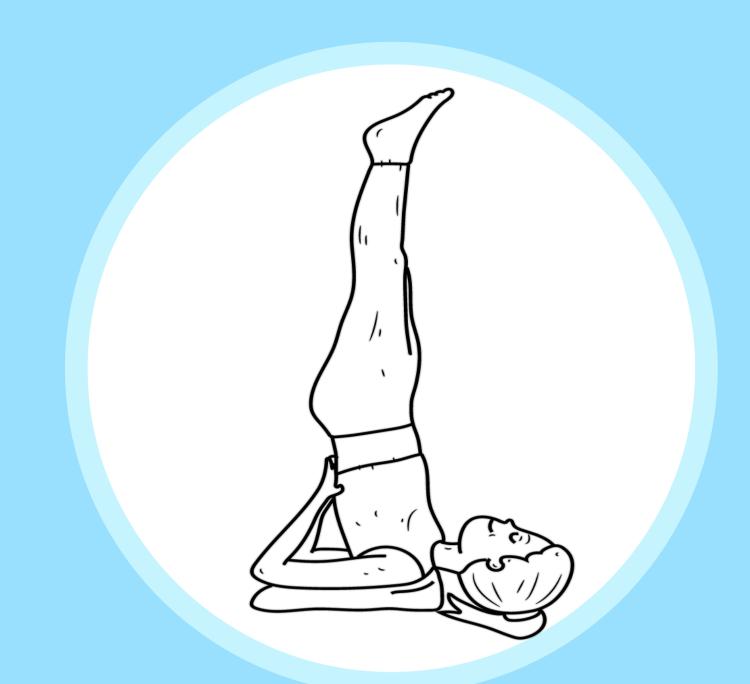
Chill (p. 1 of 3)



Sirsasana (head stand)



Sarvāngāsana (shoulder stand)



Uttānāsana (forward fold)



Paschimottānāsana (staff)



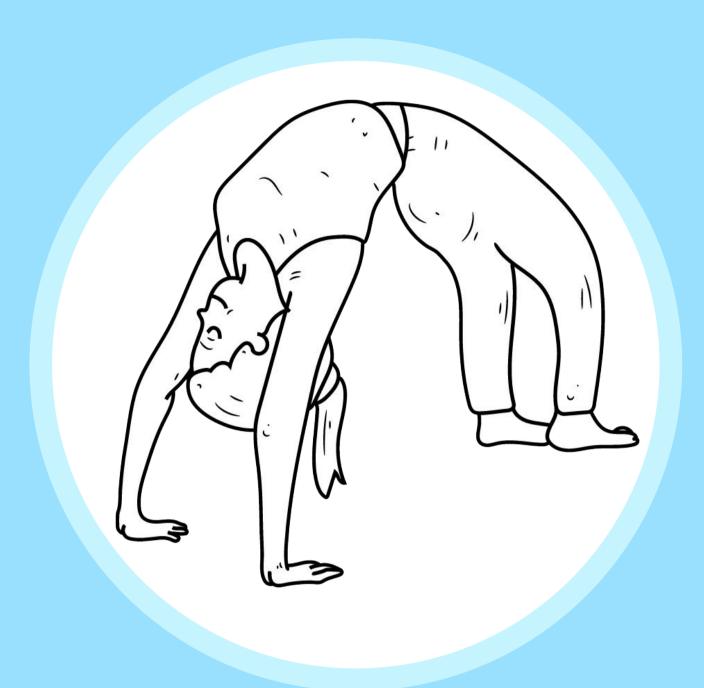
Ardha Marīchyāsana I (bound forward fold)



Pāśāsana (cord)

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

Chill (p. 2 of 3)



Chakrāsana (wheel)



Ujjayi Pranayama



Bhastrika Pranayama



Nādī Śodhana (alternate nostril breathing)



Sruyabhedana Pranayama



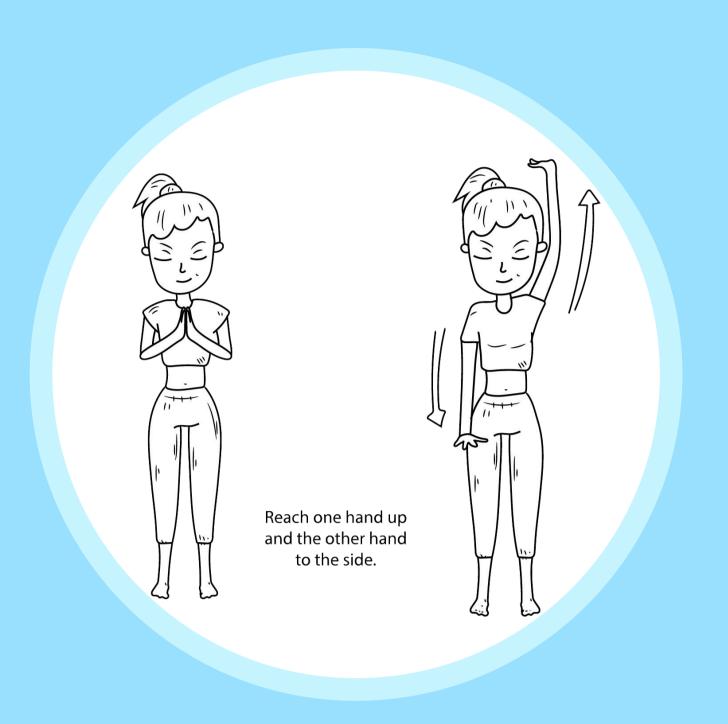
Honey

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

Chill (p. 3 of 3)



Ginger



Pluck the Stars on Each Side



Gargle Salt Water

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