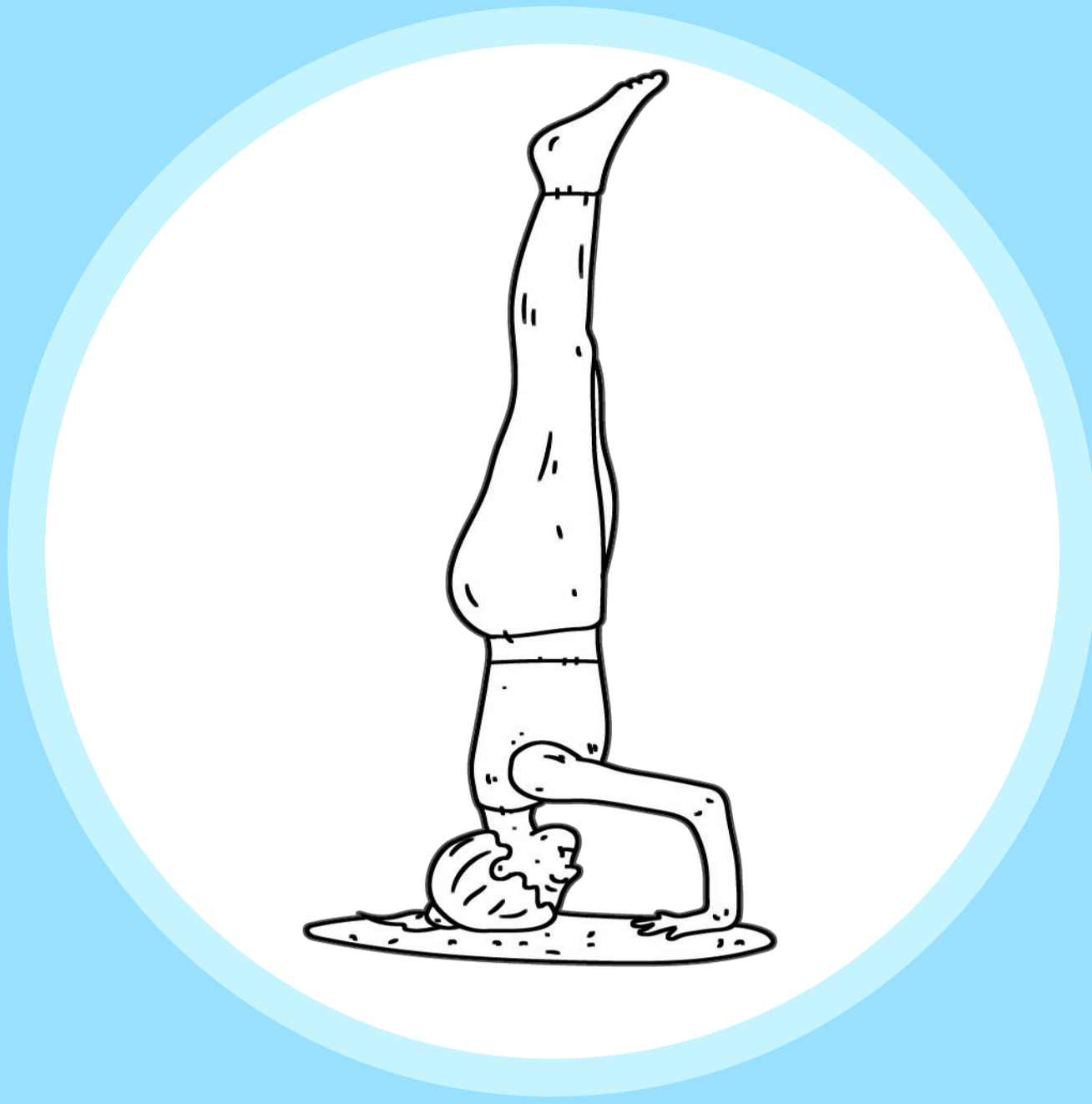
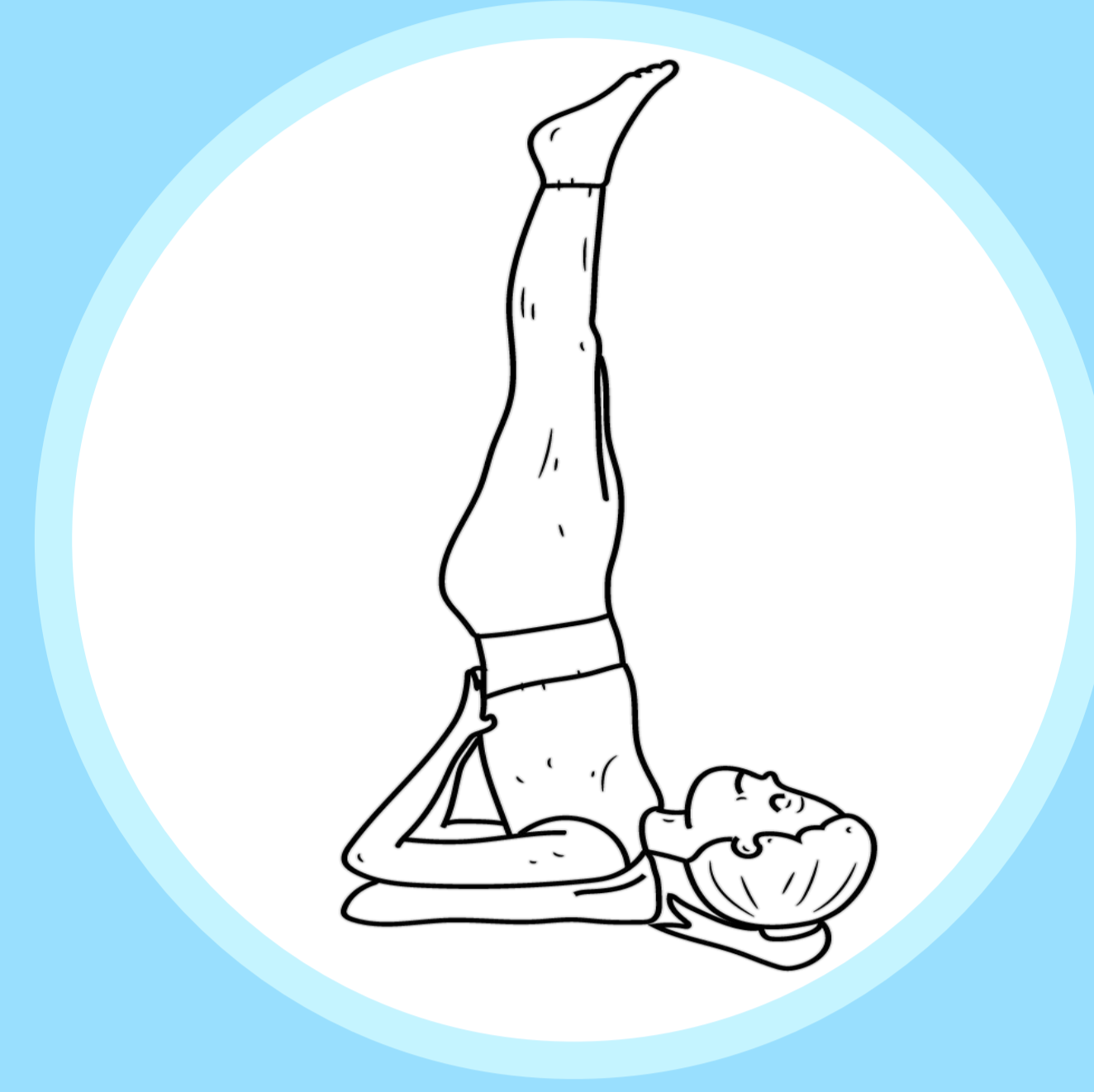


Items to discuss with your doctor and consider learning from a qualified yoga instructor for

## Nasal Congestion (p. 1 of 3)



**Sirsasana**  
(head stand)



**Sarvāngāsana**  
(shoulder stand)



**Paschimottānāsana**  
(staff)



**Uttānāsana**  
(forward fold)



**Adhomukha Śvānāsana**  
(downward dog)



**Ujjayi Pranayama**

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](http://Investinprana.com)



## Nasal Congestion (p. 2 of 3)



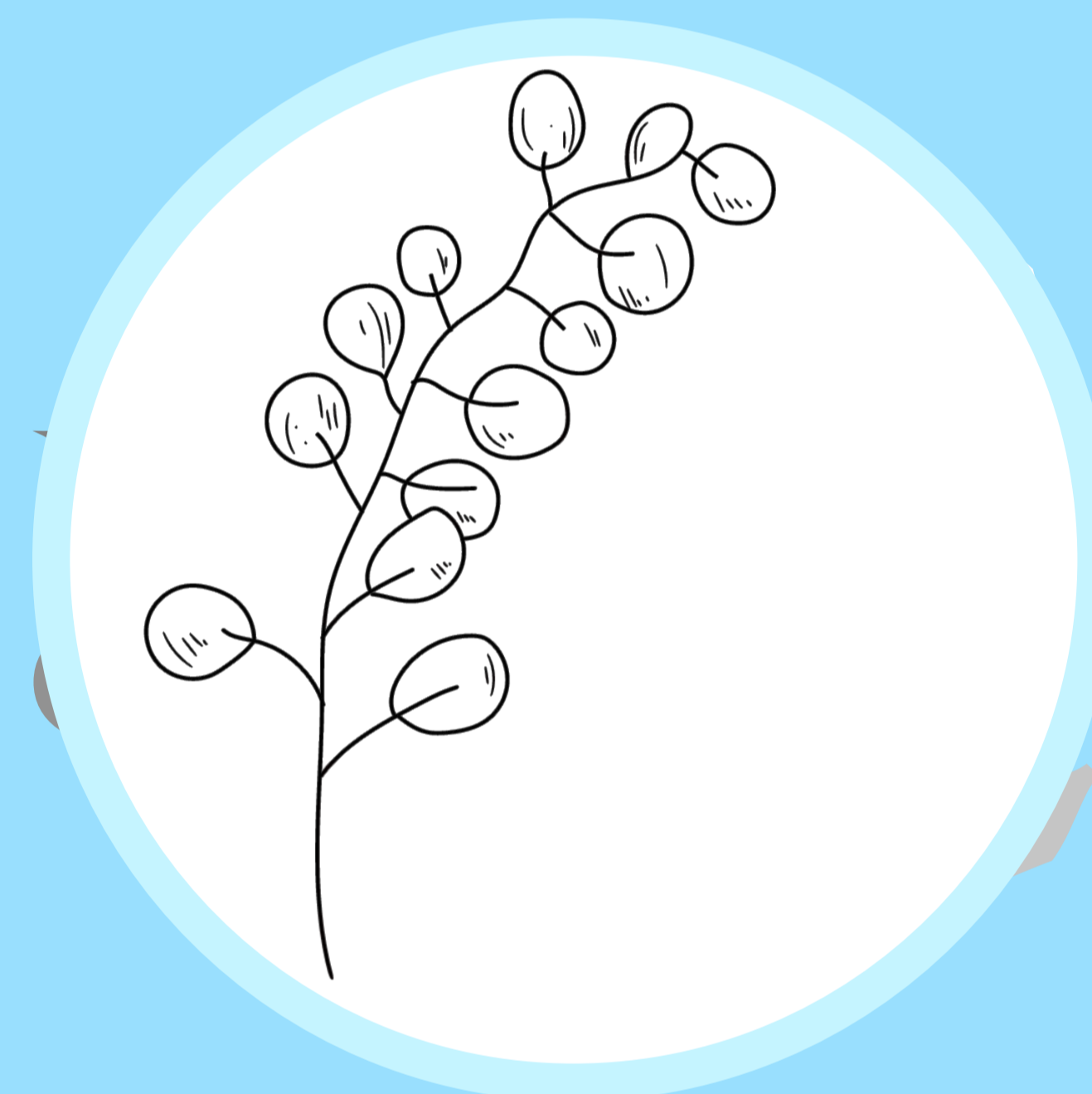
**Bhastrika Pranayama**



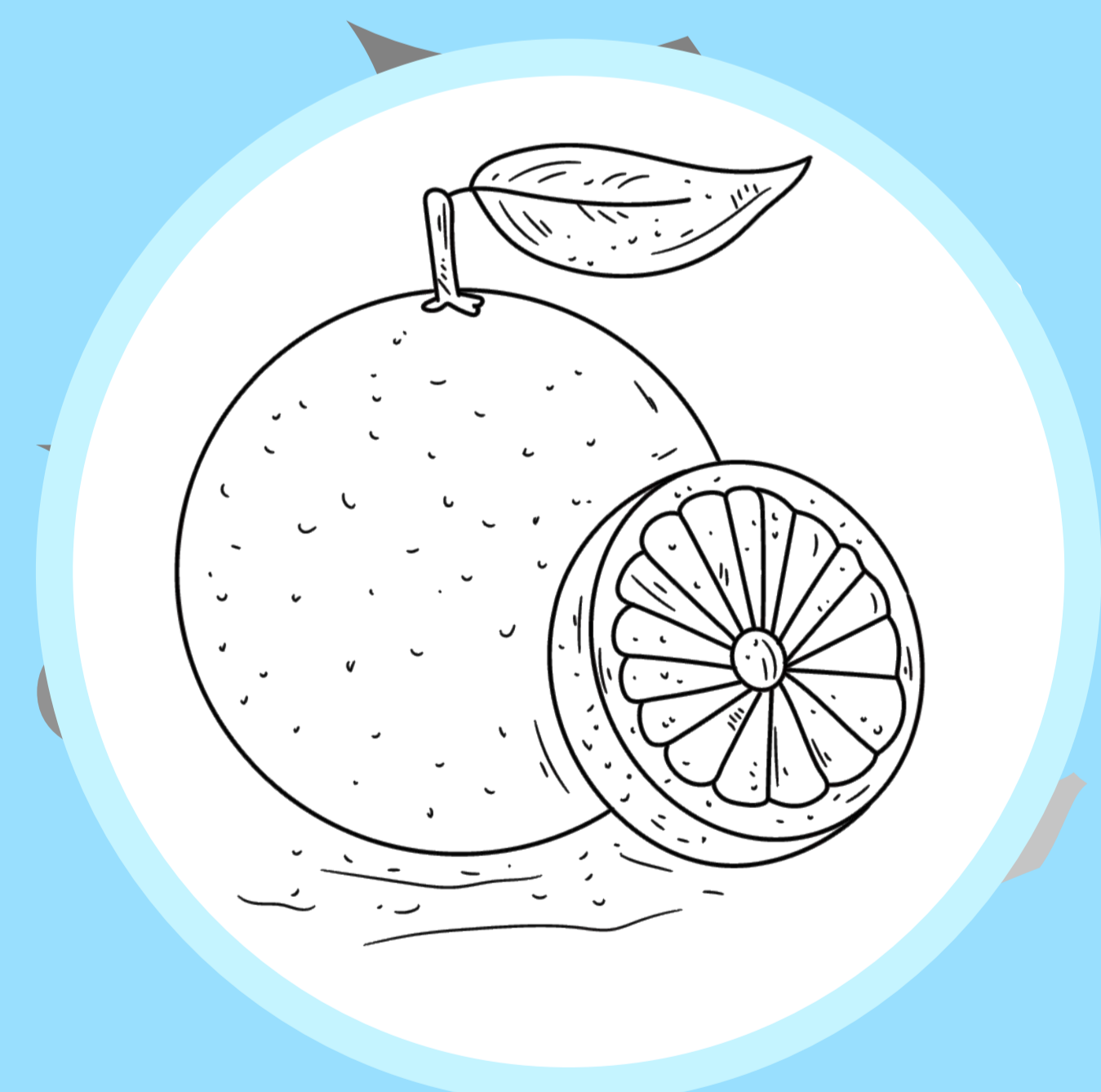
**Srubbyhedana Pranayama**



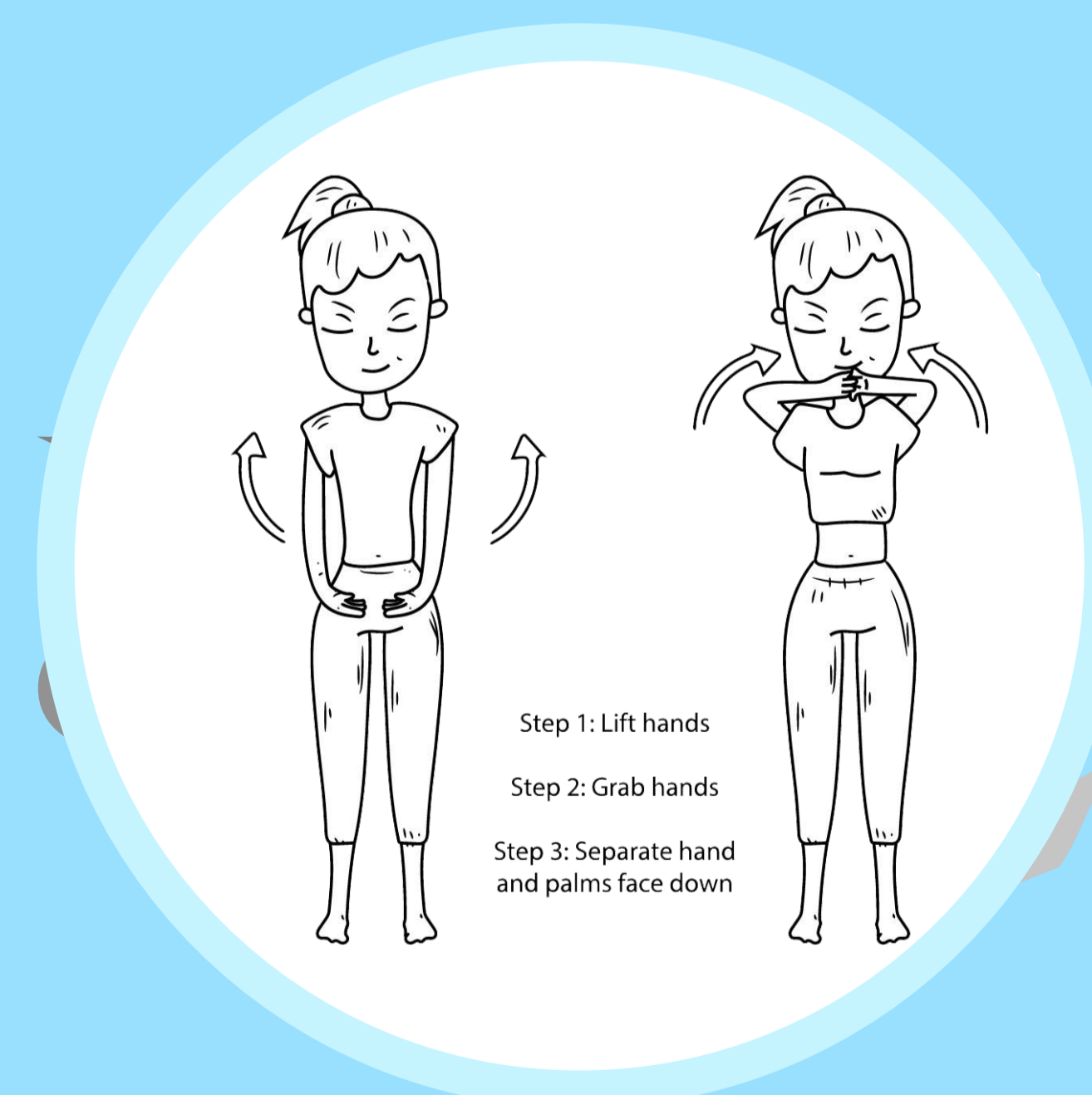
**Nādi Śodhana  
(alternate nostril breathing)**



**Eucalyptus**



**Vitamin C**



**Wei Tuo Present Pestle 1**



## Nasal Congestion (p. 3 of 3)



Gargle Salt Water