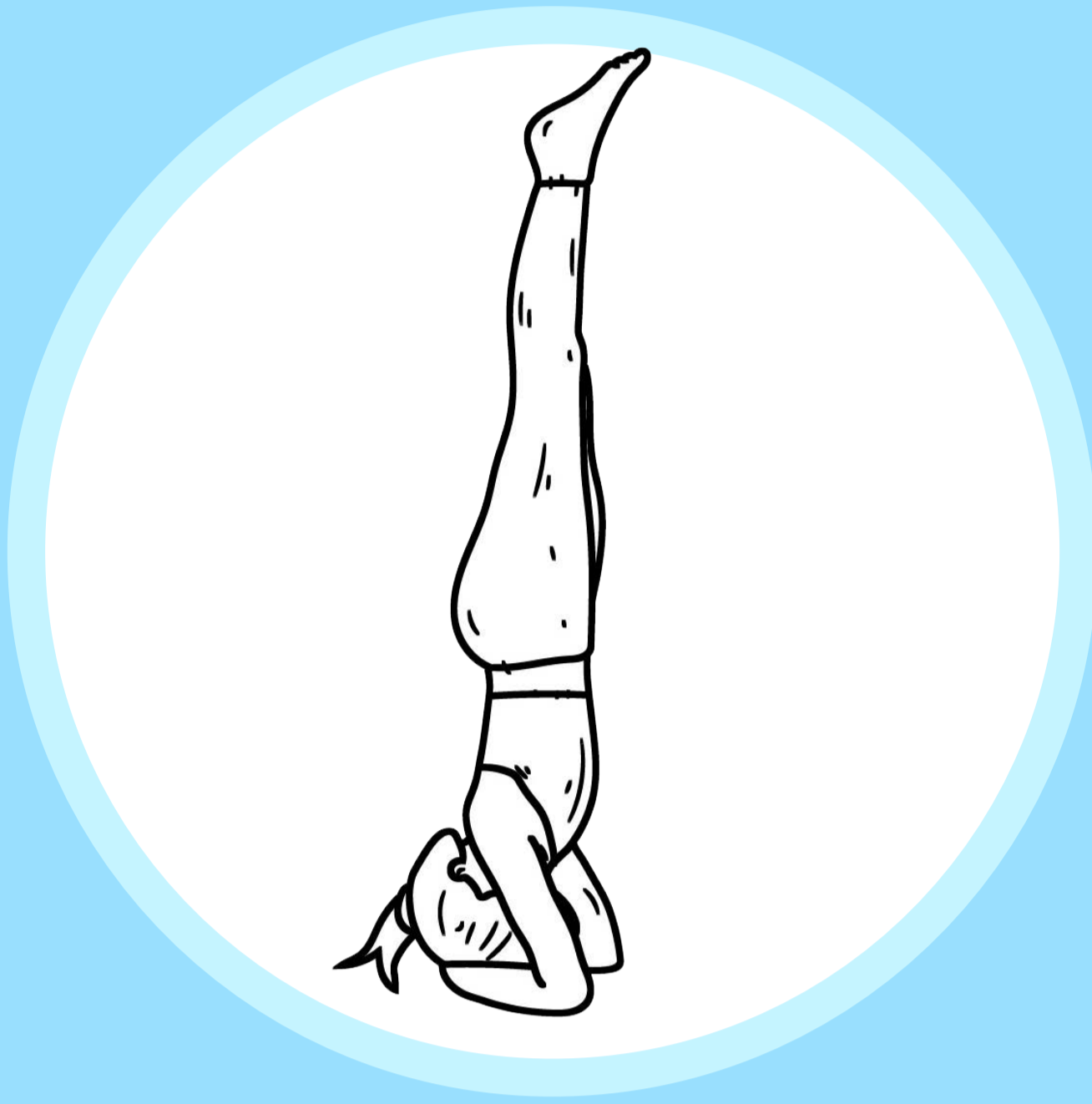


Items to discuss with your doctor and consider learning from a qualified yoga instructor for

# Leg Circulation (DVT Prevention)

(p. 1 of 2)



Sālamba Śīrṣāsana  
(supported headstand)



Halāsana  
(plow)



Vīrāsana  
(hero)



Siddhāsana  
(perfect pose)



Baddha Konāsana  
(bound angle)



Any Sitting Asana Without Strain

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

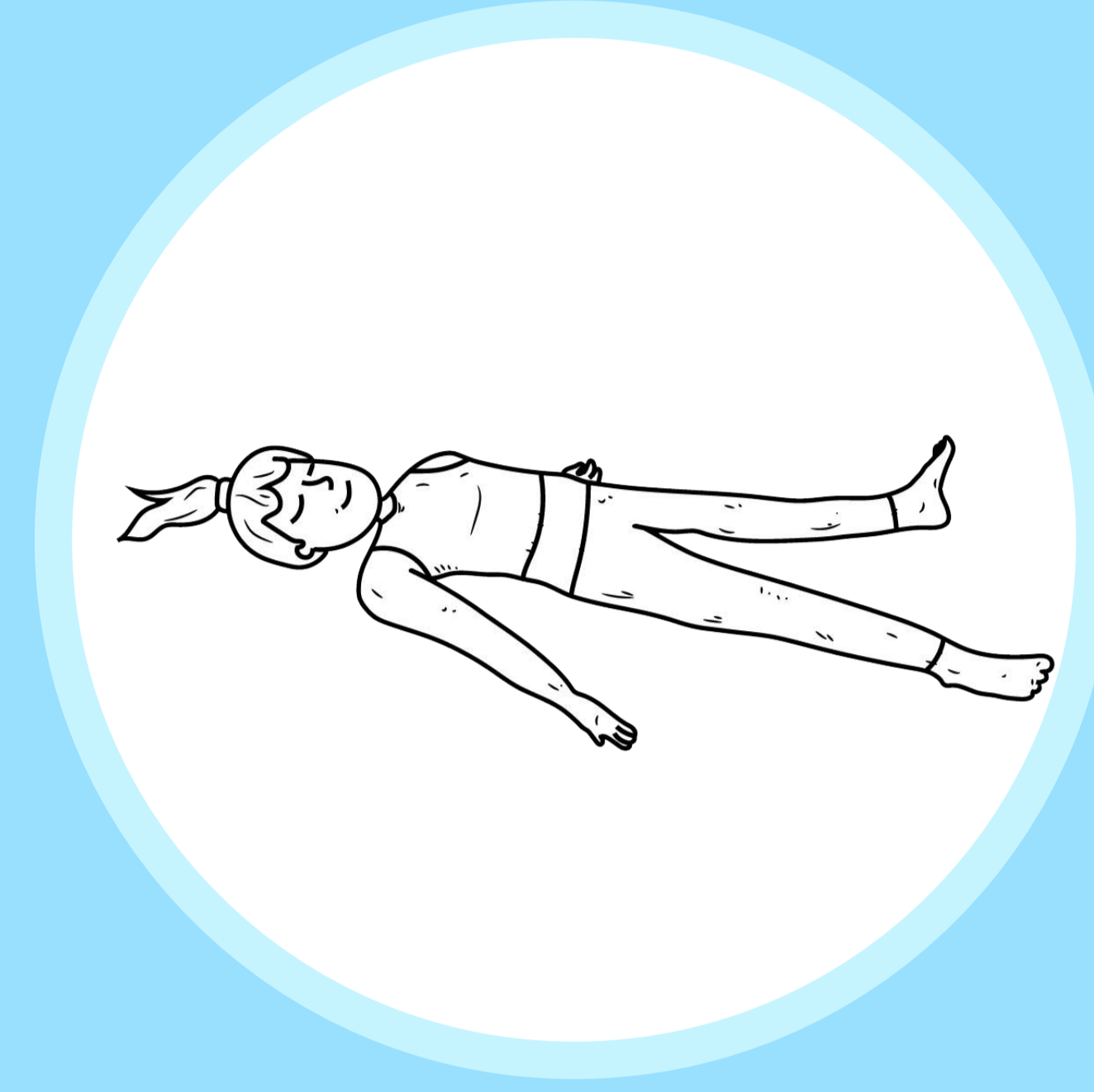
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

# Leg Circulation (DVT Prevention)

(p. 2 of 2)



**Nādi Śodhana**  
(alternate nostril breathing)



**Śavāsana**  
(corpse)



**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)