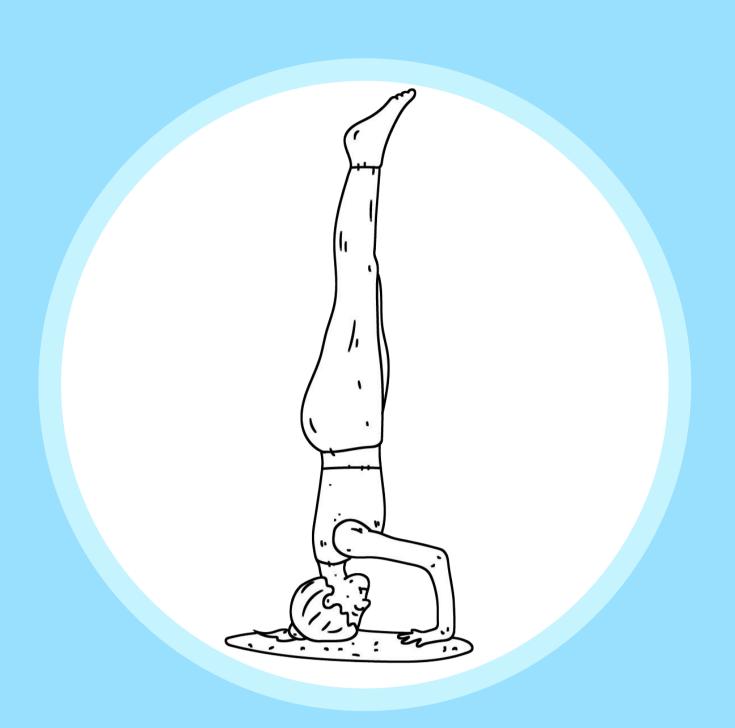
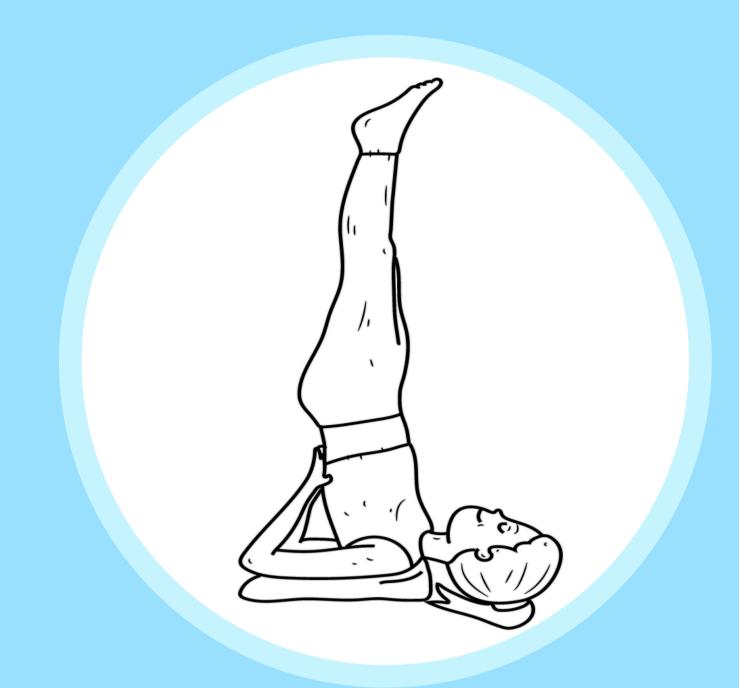
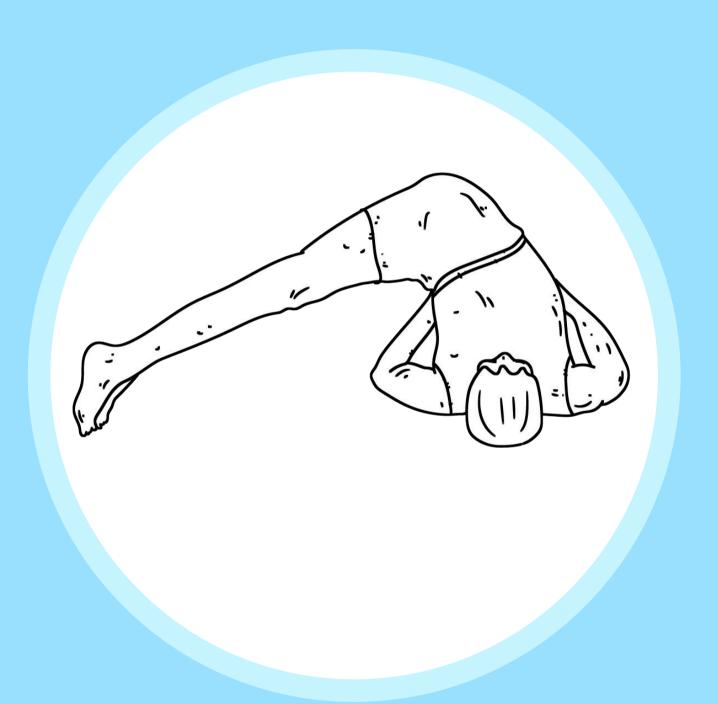
## Hemorrhoids (p. 1 of 3)



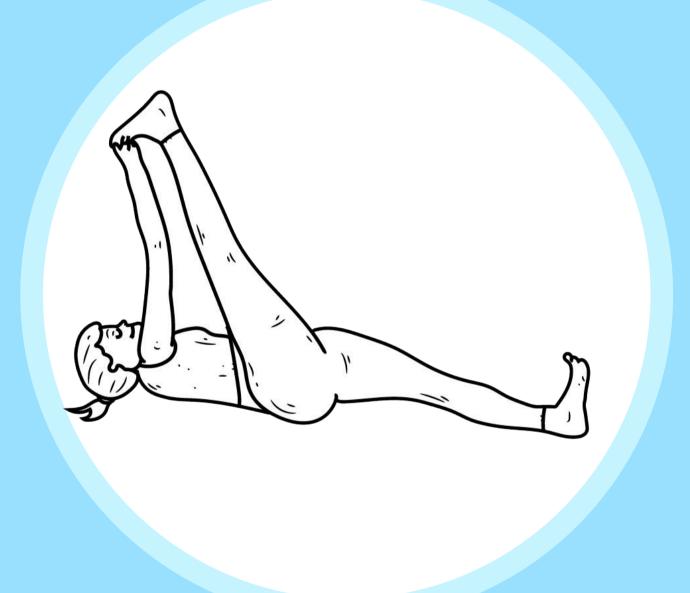
Sirsasana (head stand)



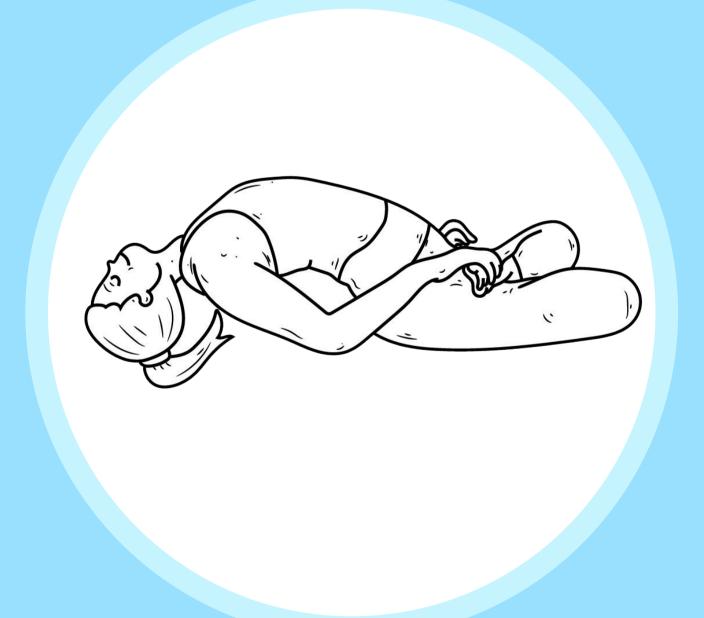
Sarvāngāsana (shoulder stand)



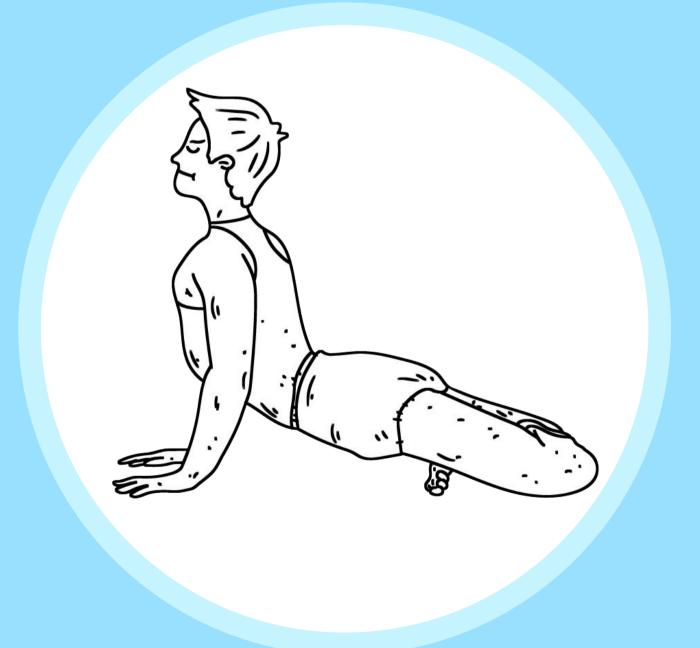
Pārśva Halāsana (side plow)



Supta Pādānguṣṭhāsana (reclined big toe)



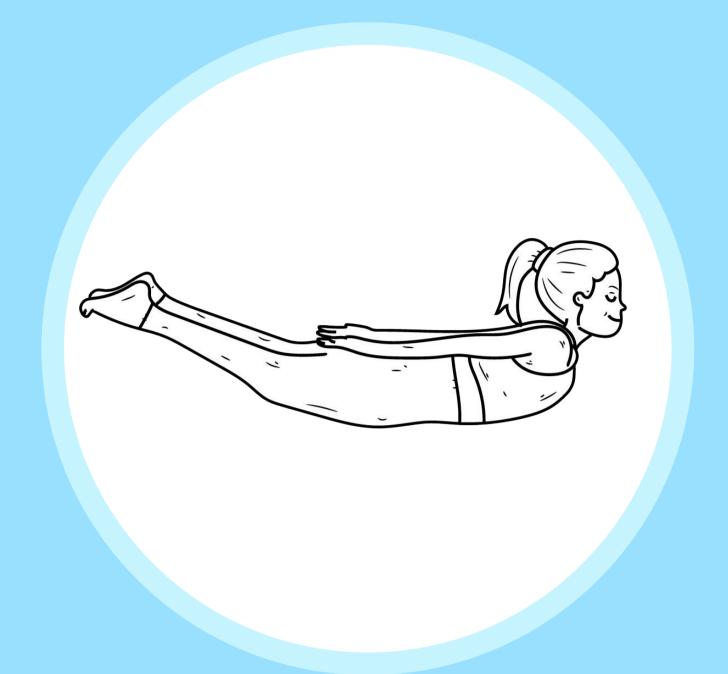
Matsyāsana (fish)



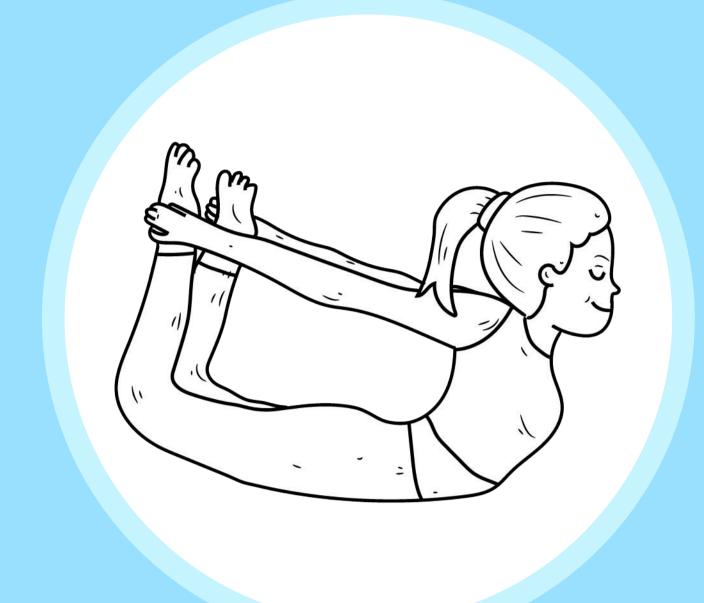
Simhāsana II (lion)

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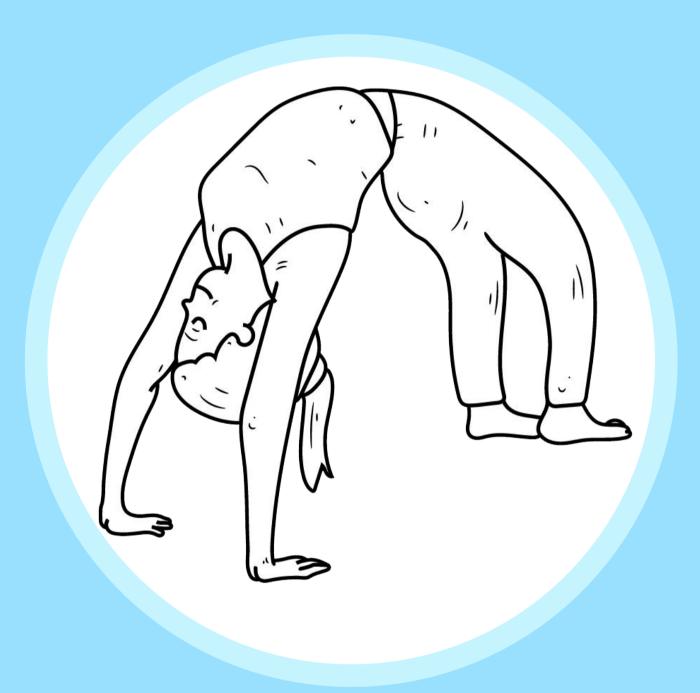
## Hemorrhoids (p. 2 of 3)



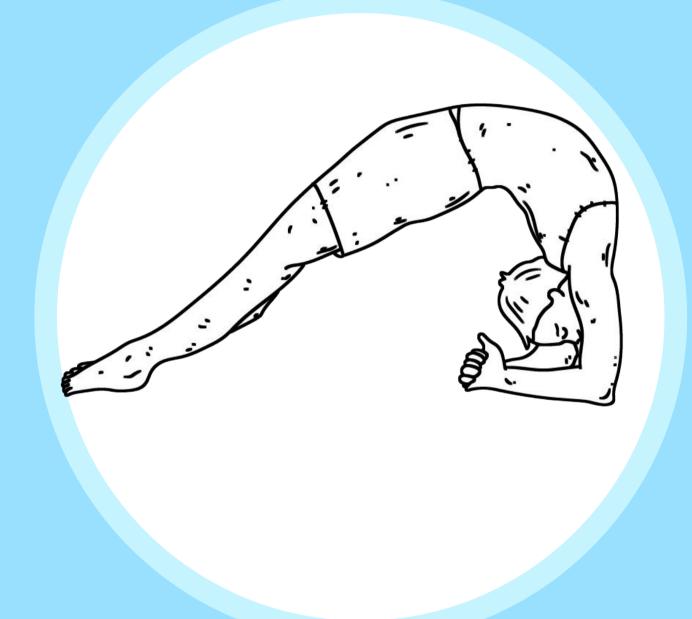
Śālabhāsana (locust)



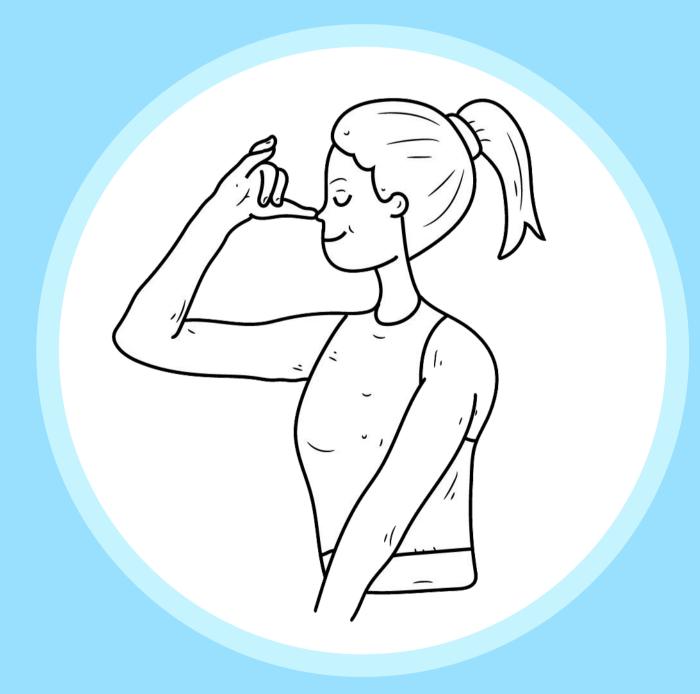
Dhanurāsana (bow)



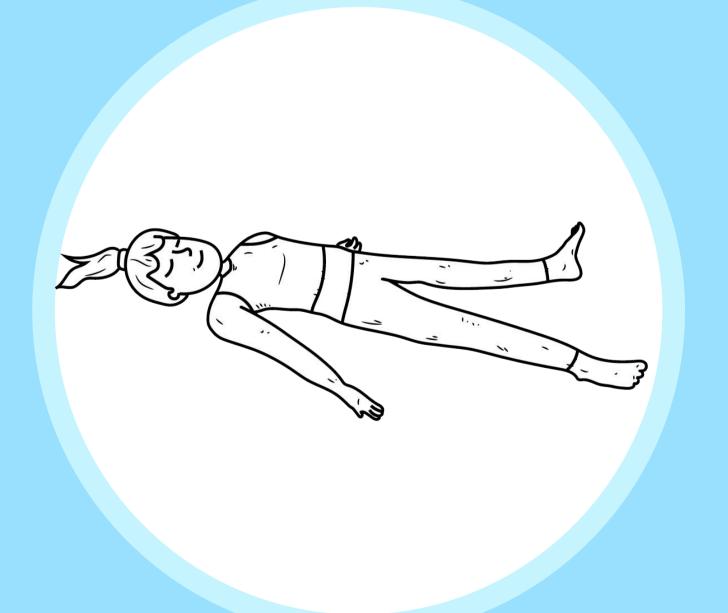
Chakrāsana (wheel)



Dwipāda Viparīta Daņḍāsana (two-legged inverted staff)



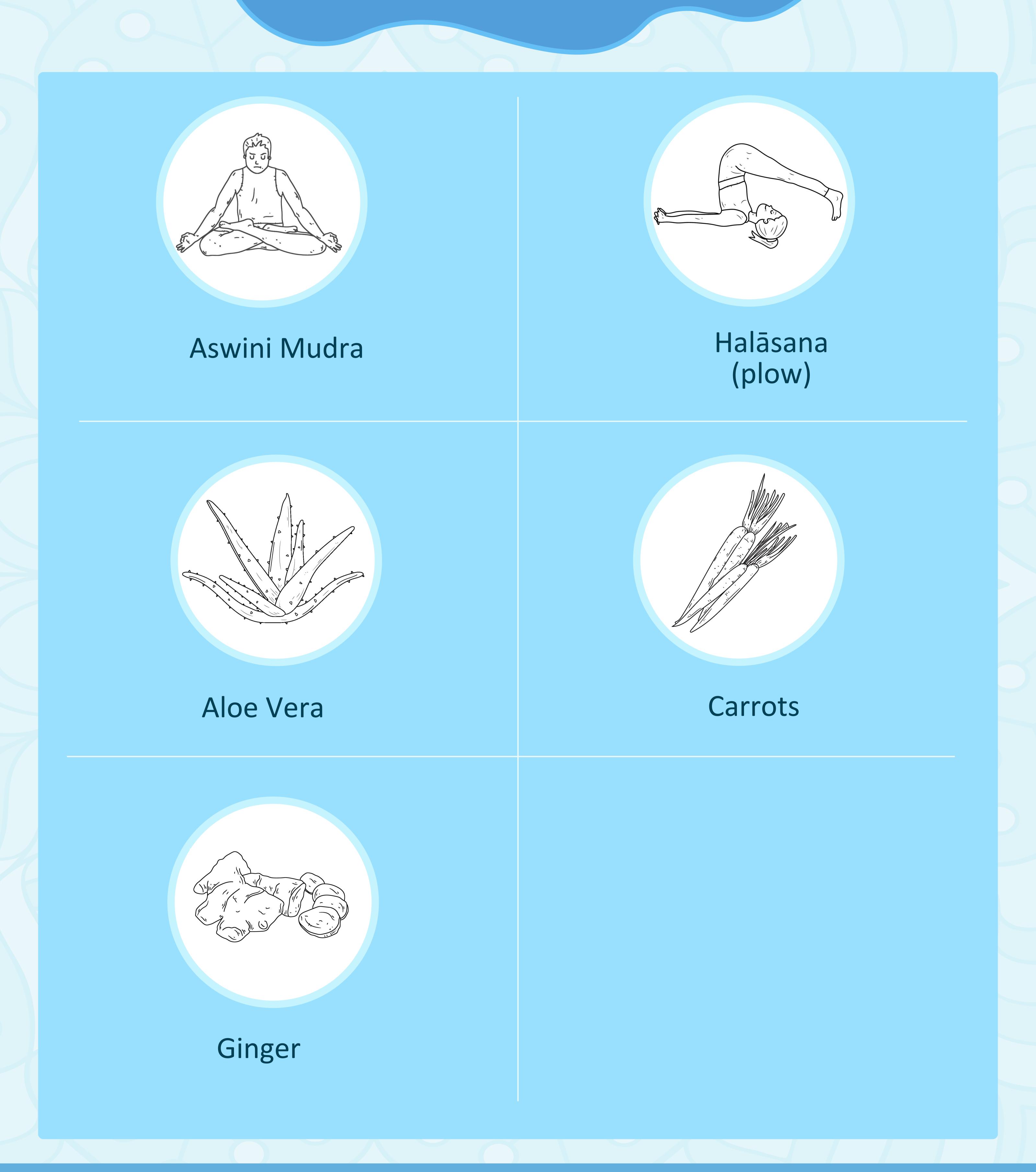
Nādī Śodhana with Retention



Śavāsana (corpse)

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## Hemorrhoids (p. 3 of 3)



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