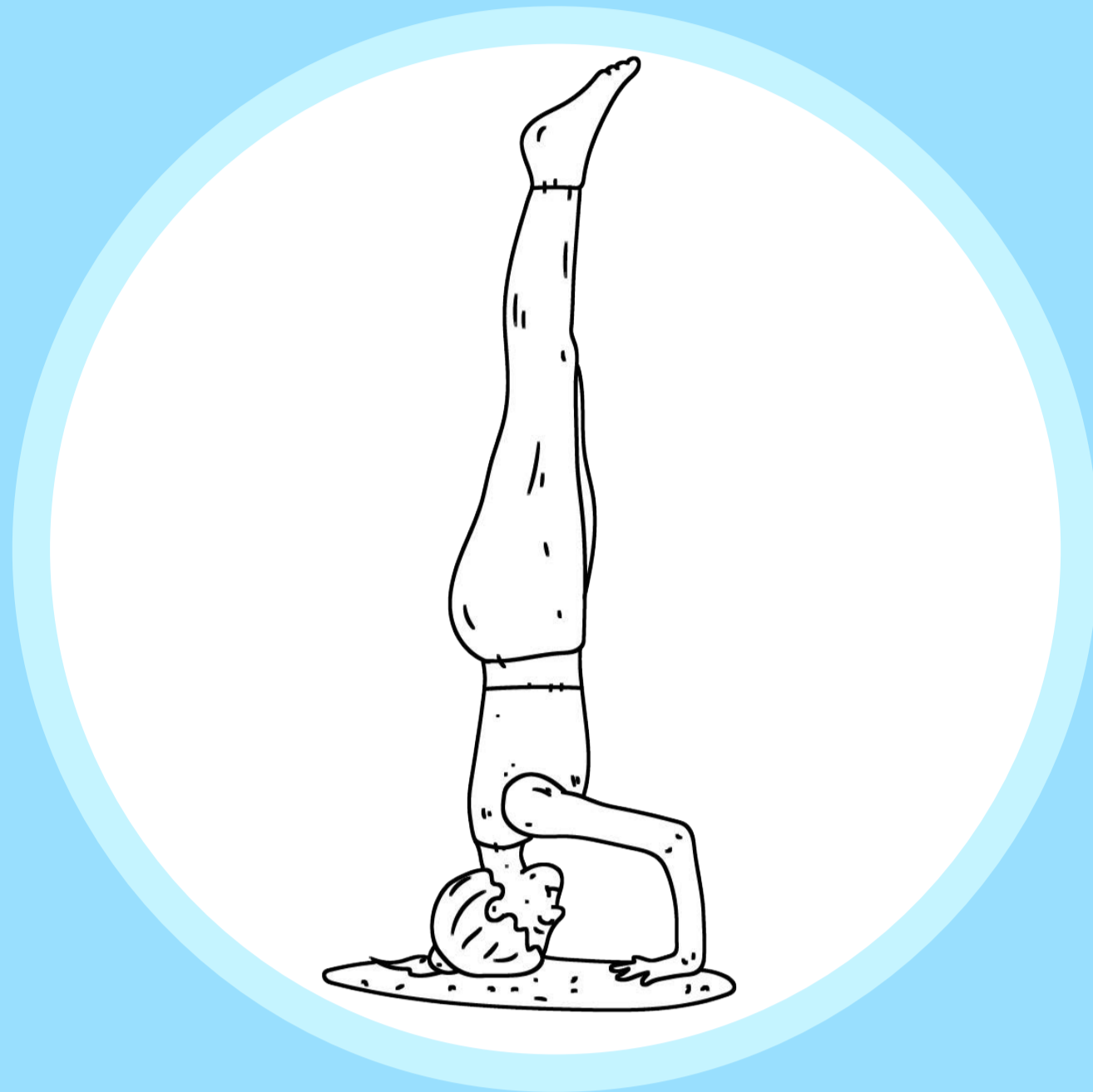
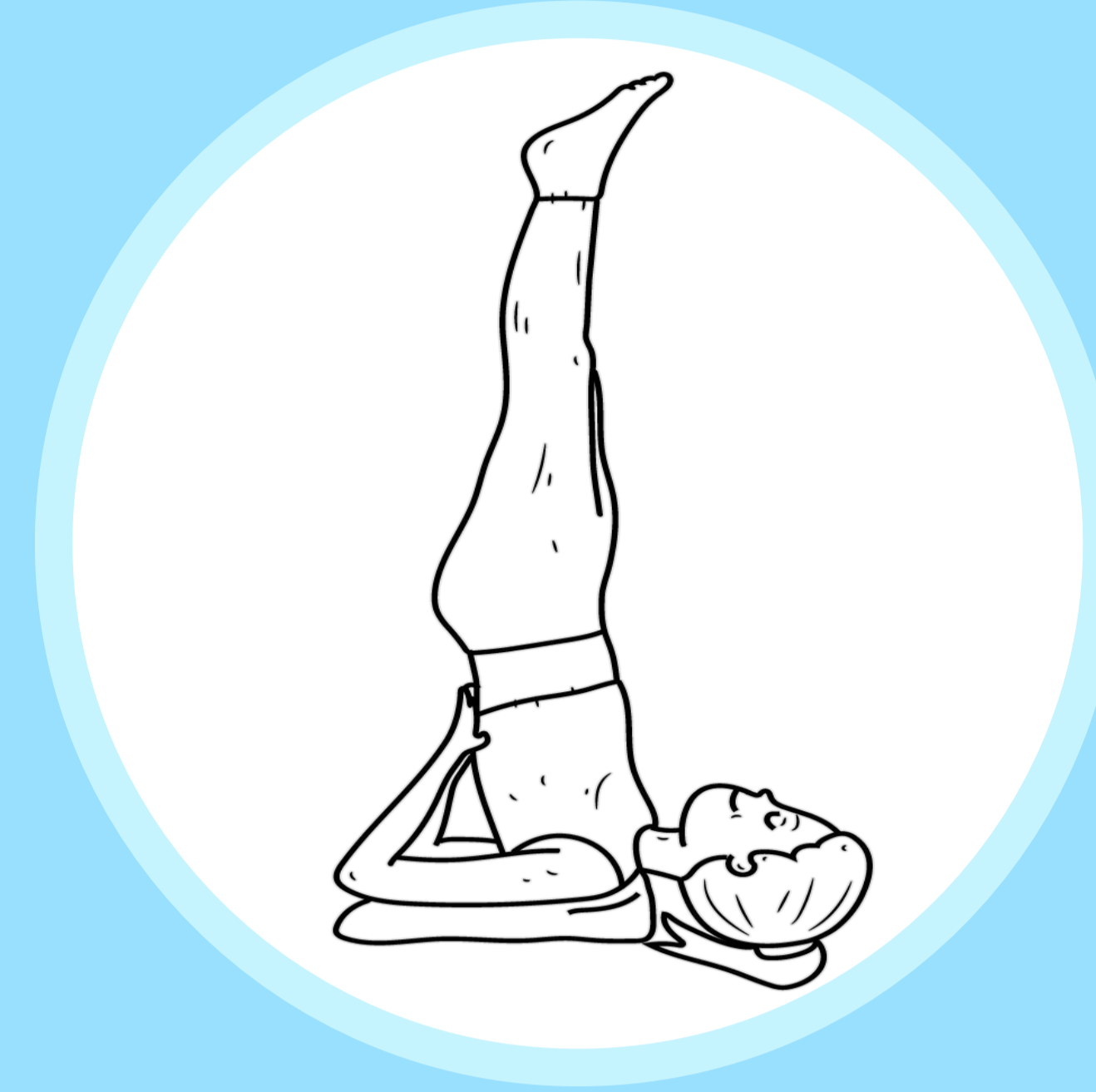


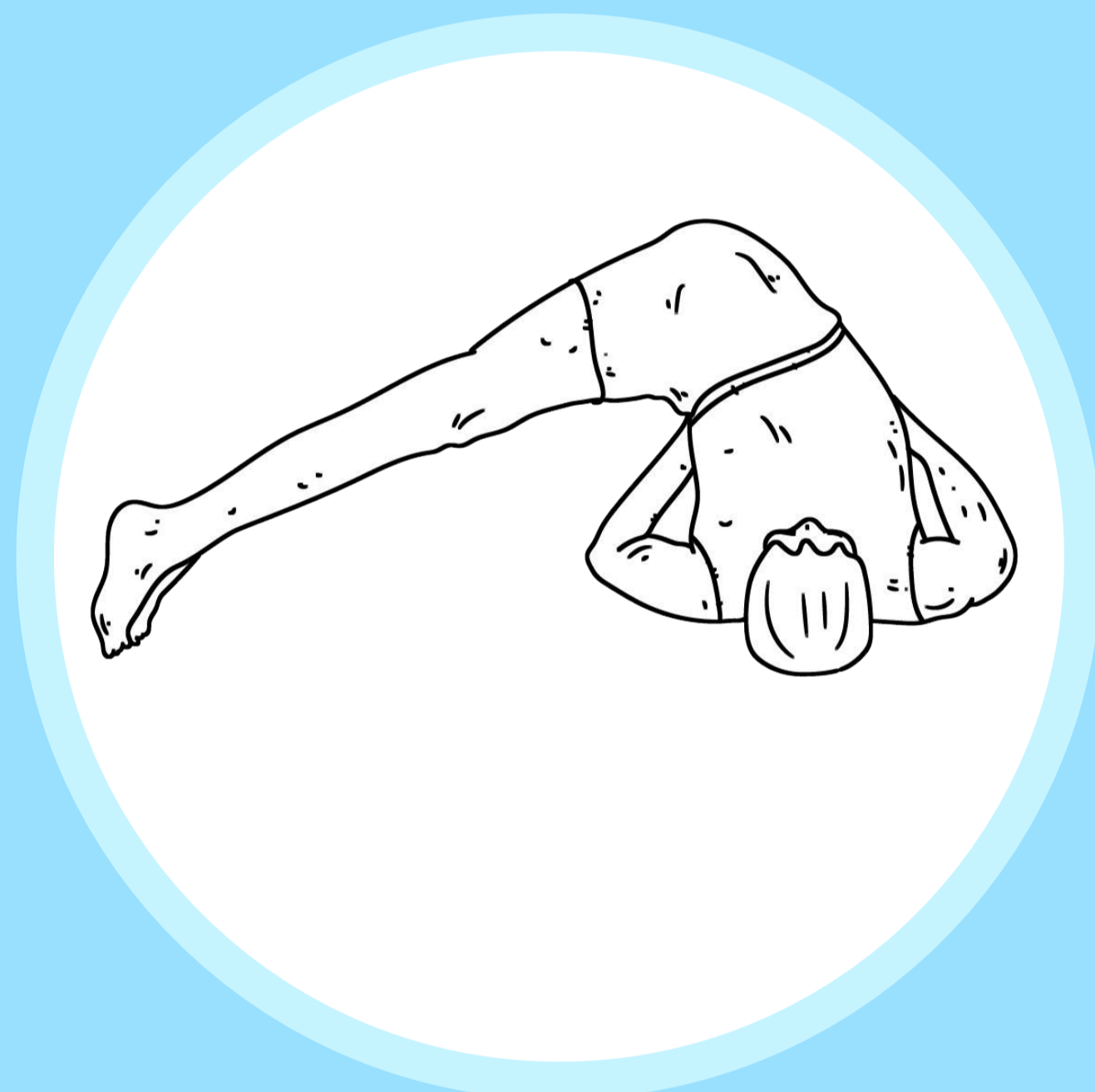
Hemorrhoids (p. 1 of 3)



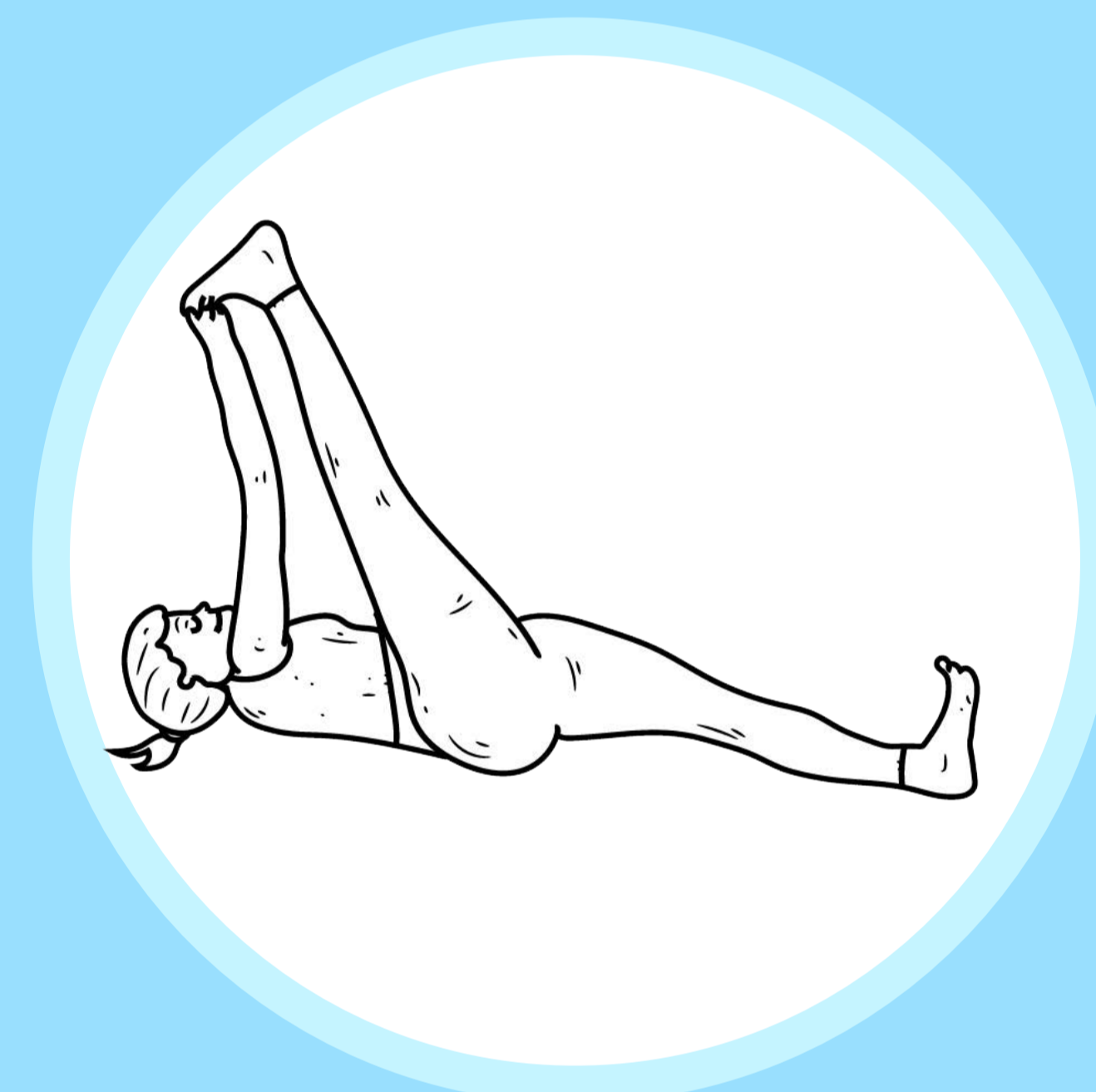
Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



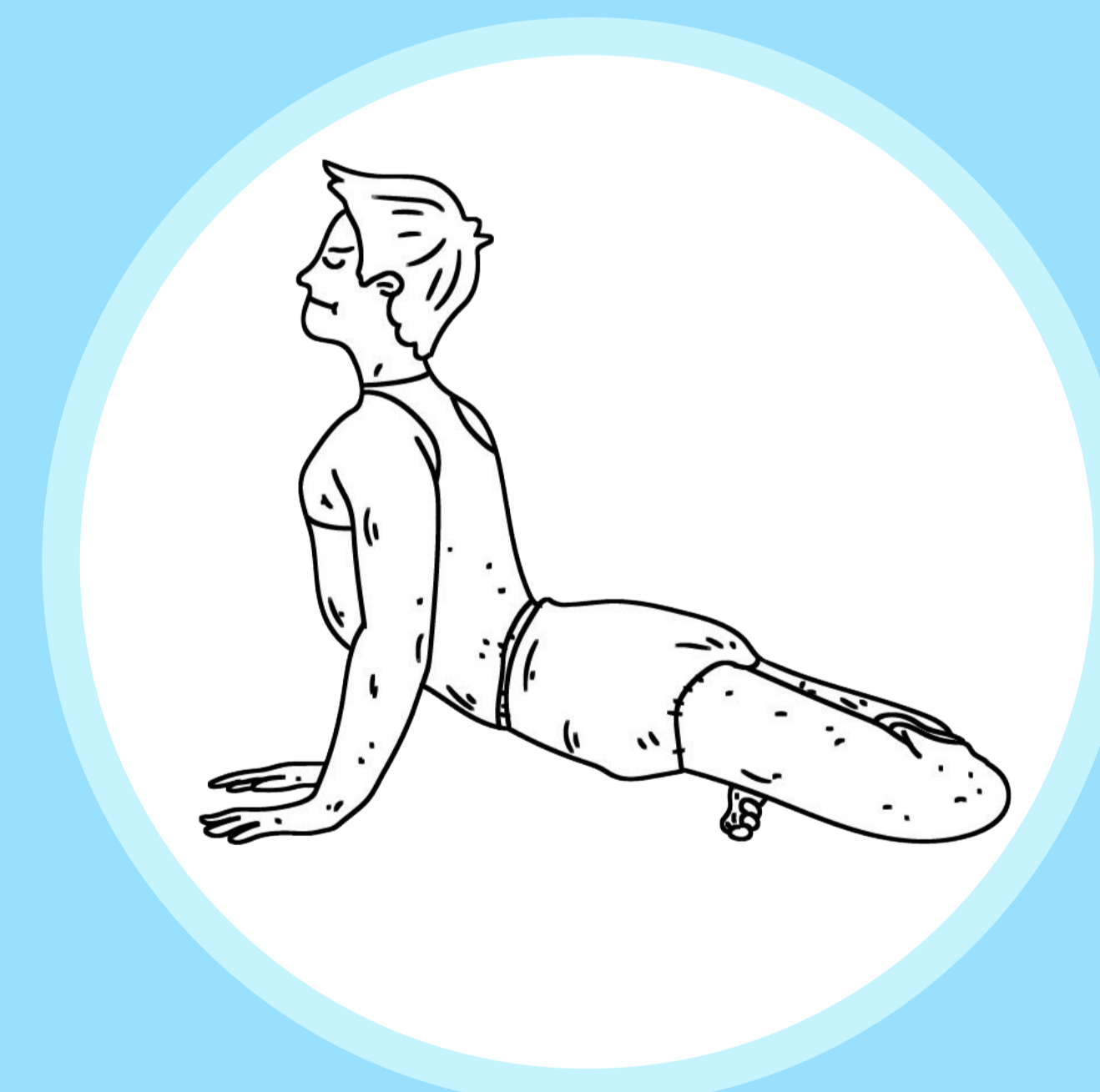
Pārśva Halāsana
(side plow)



Supta Pādānguṣṭhāsana
(reclined big toe)

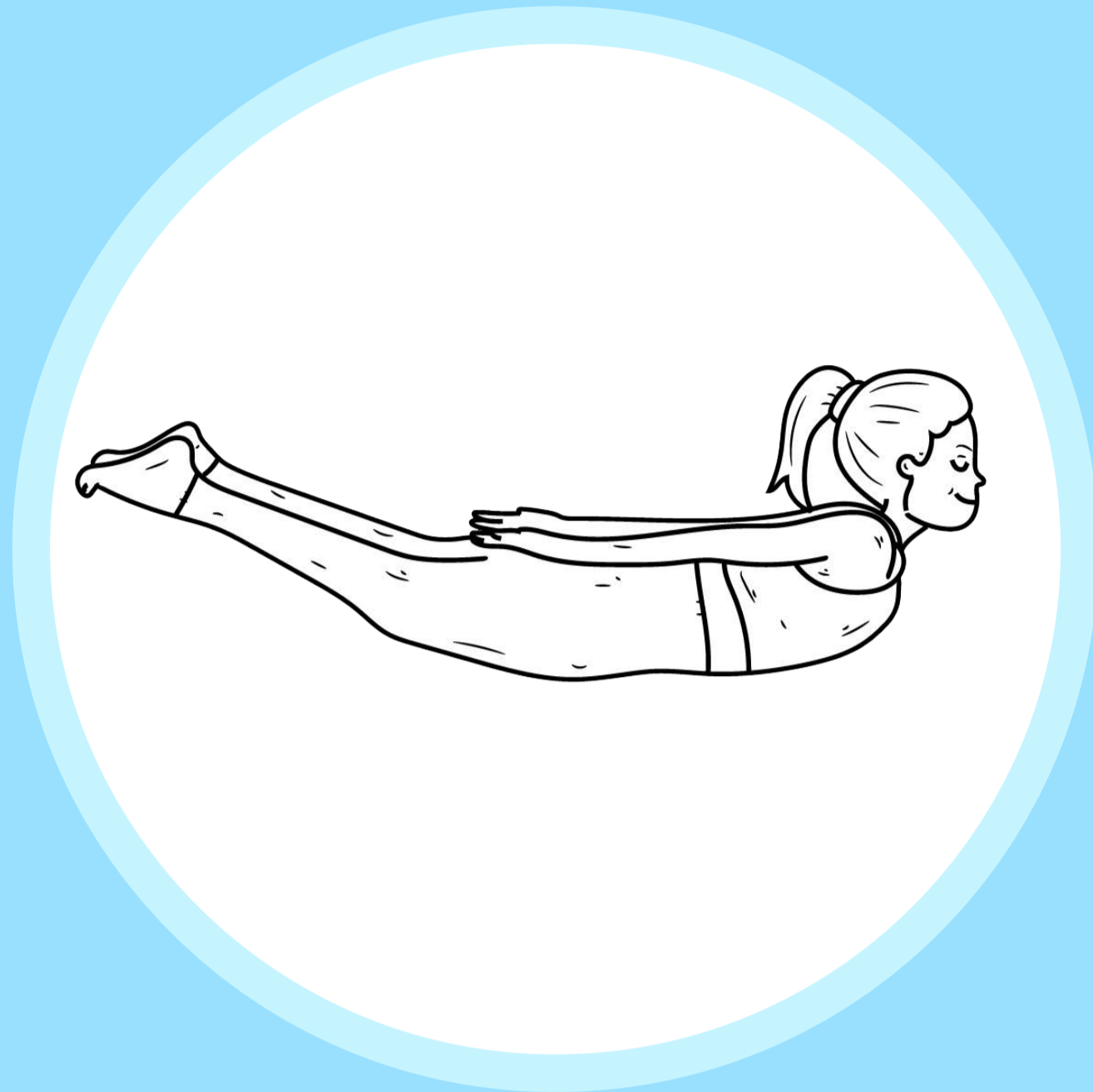


Matsyāsana
(fish)

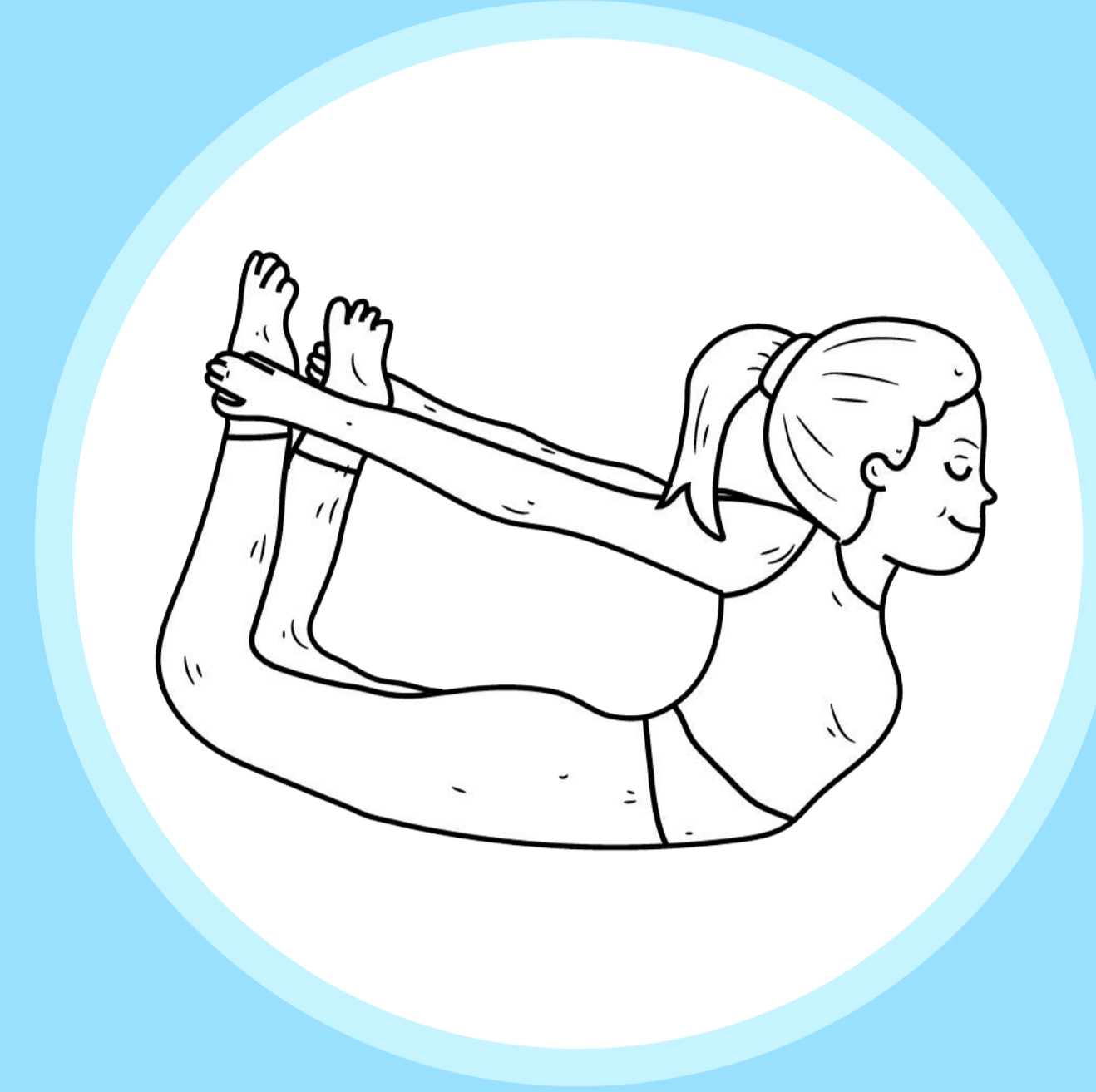


Simhāsana II
(lion)

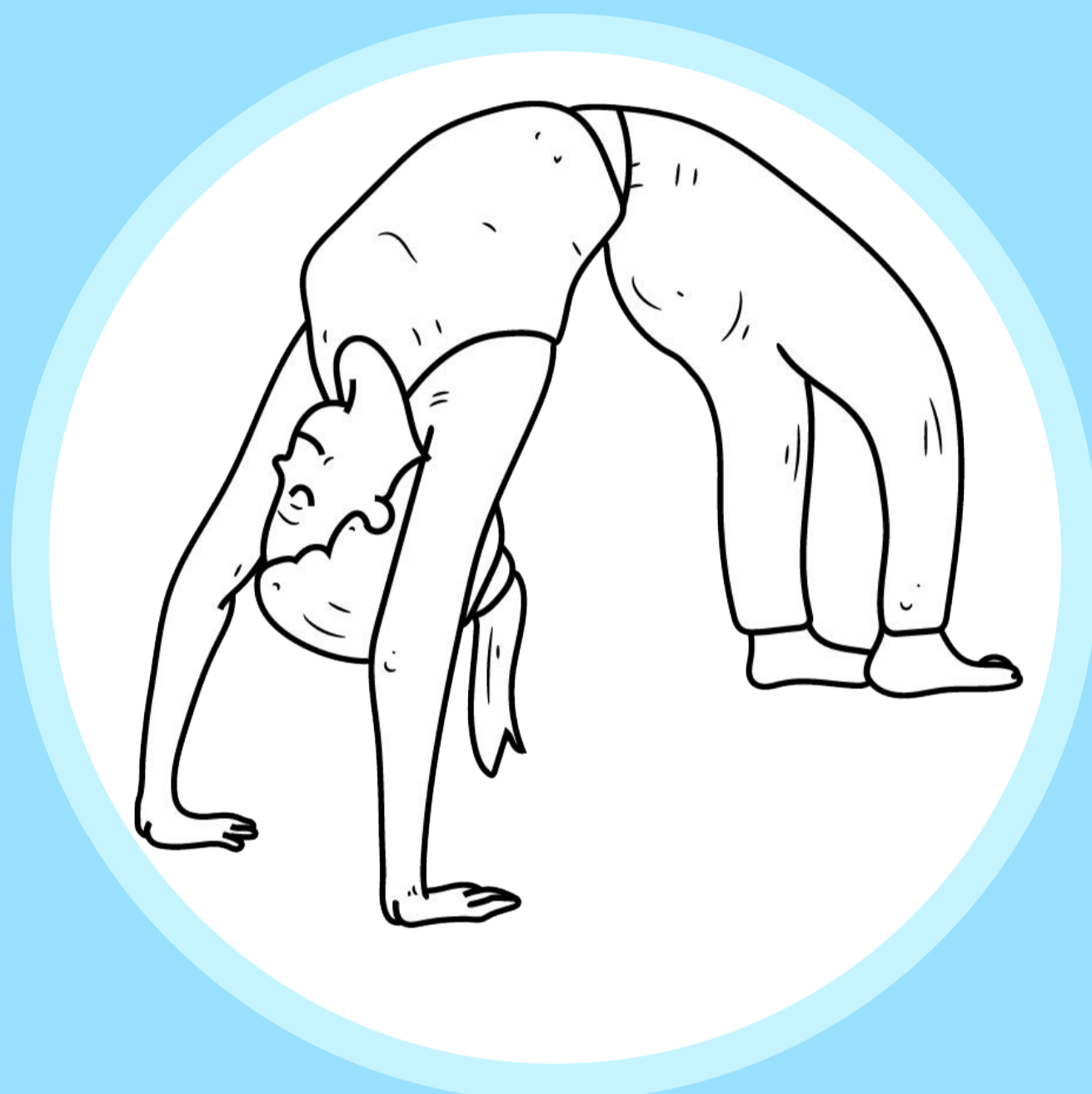
Hemorrhoids (p. 2 of 3)



Śālābhāṣana
(locust)



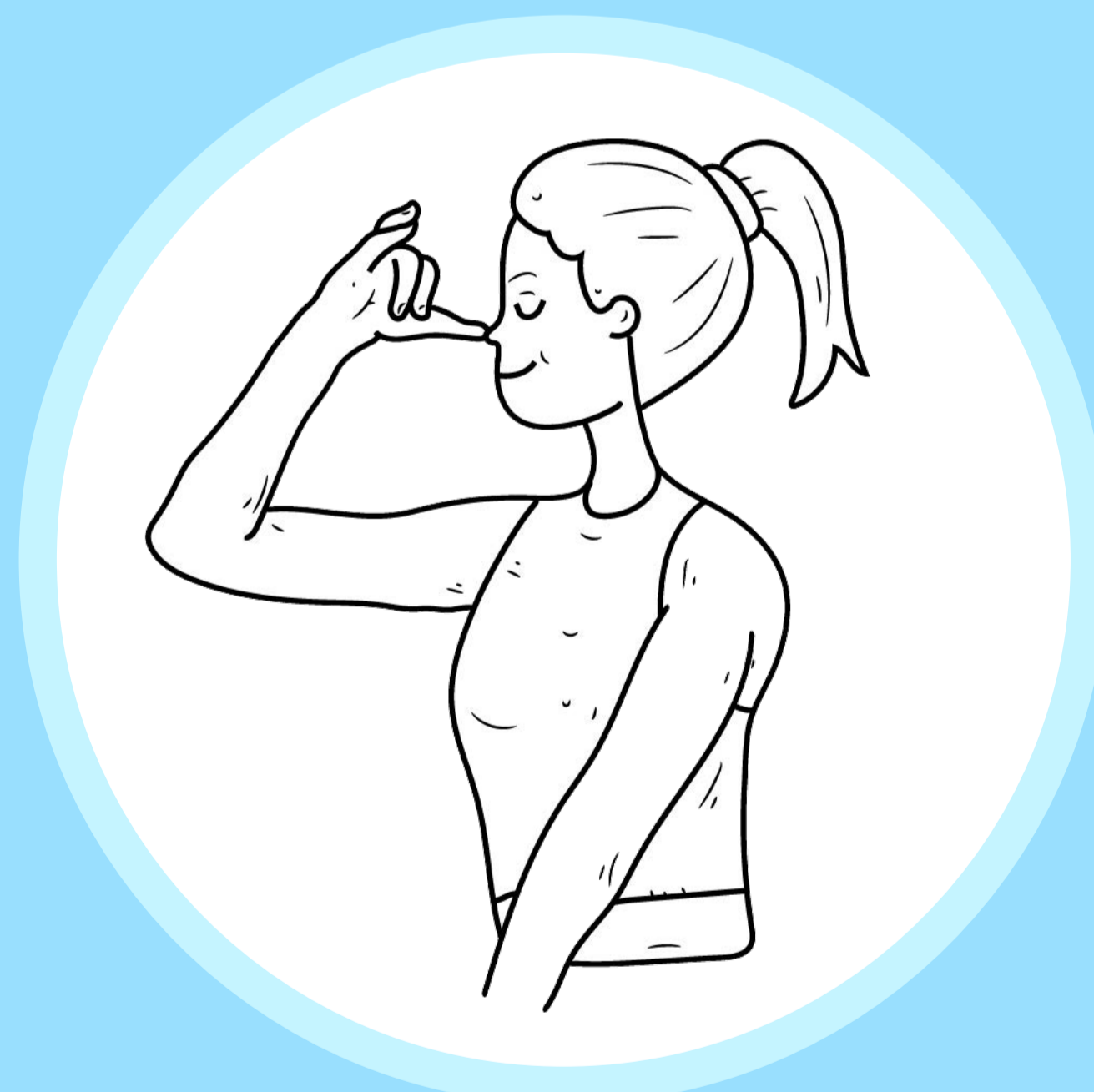
Dhanurāsana
(bow)



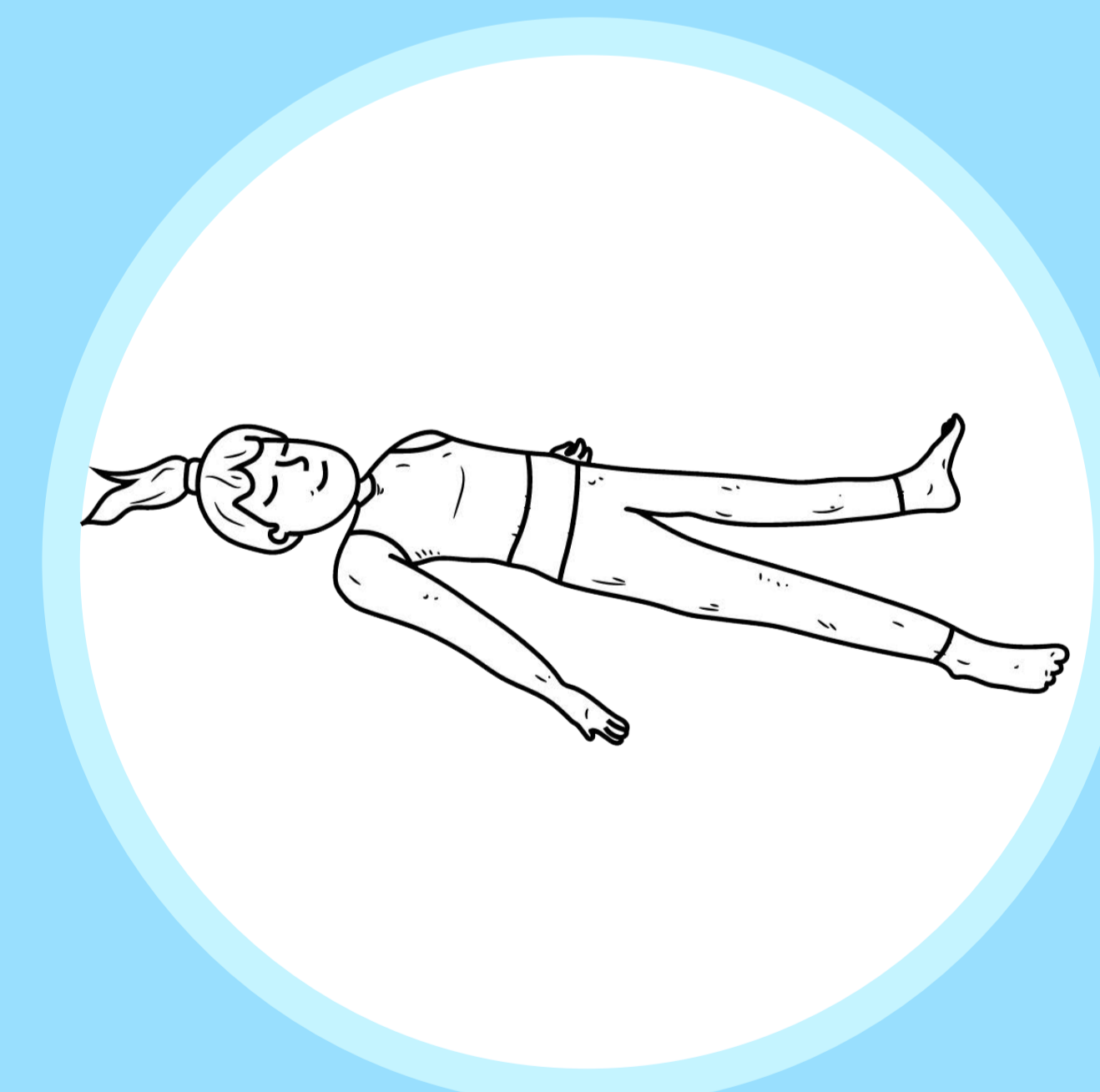
Chakrāsana
(wheel)



Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)



Nādī Śodhana with Retention



Śavāsana
(corpse)

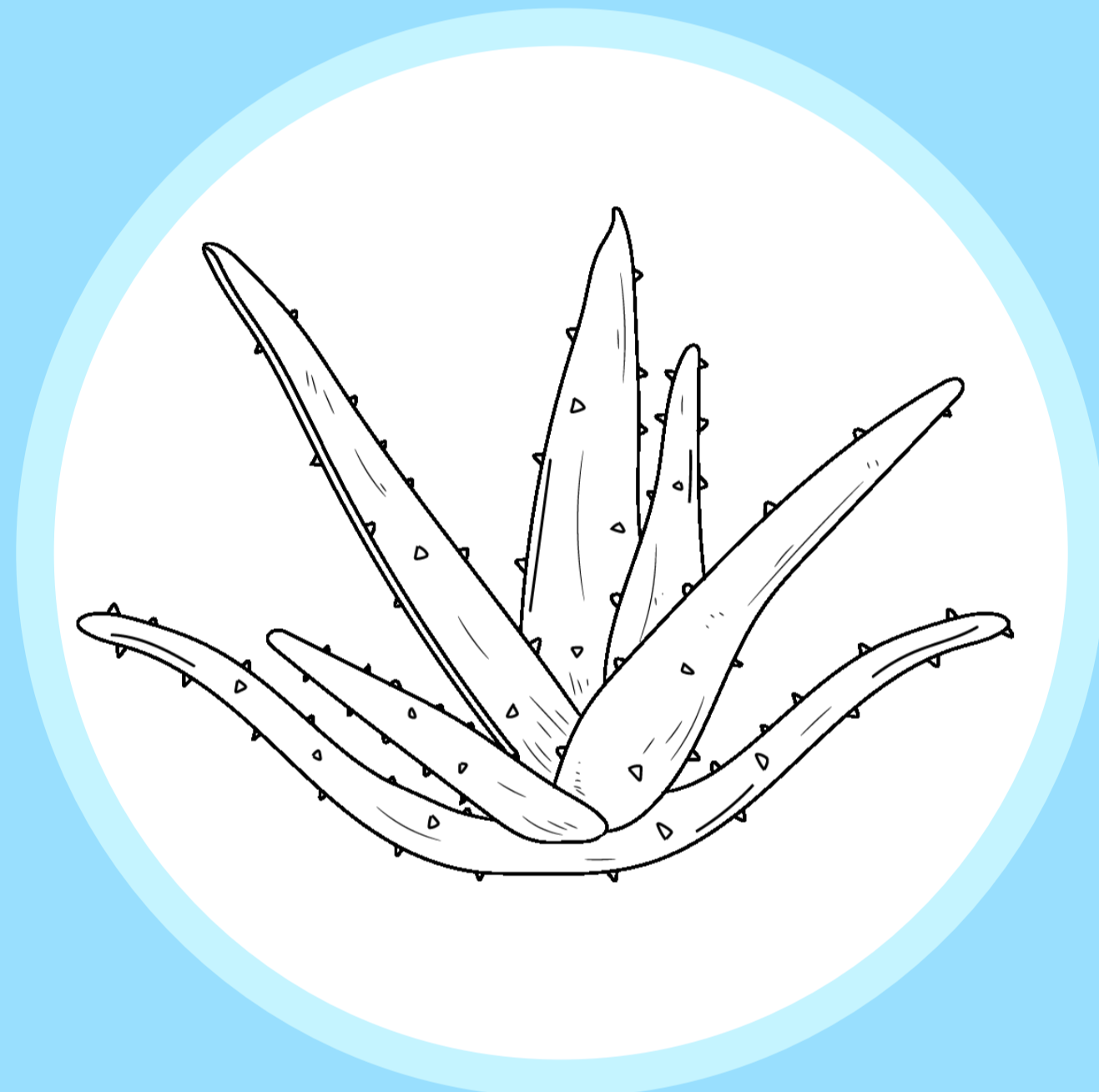
Hemorrhoids (p. 3 of 3)



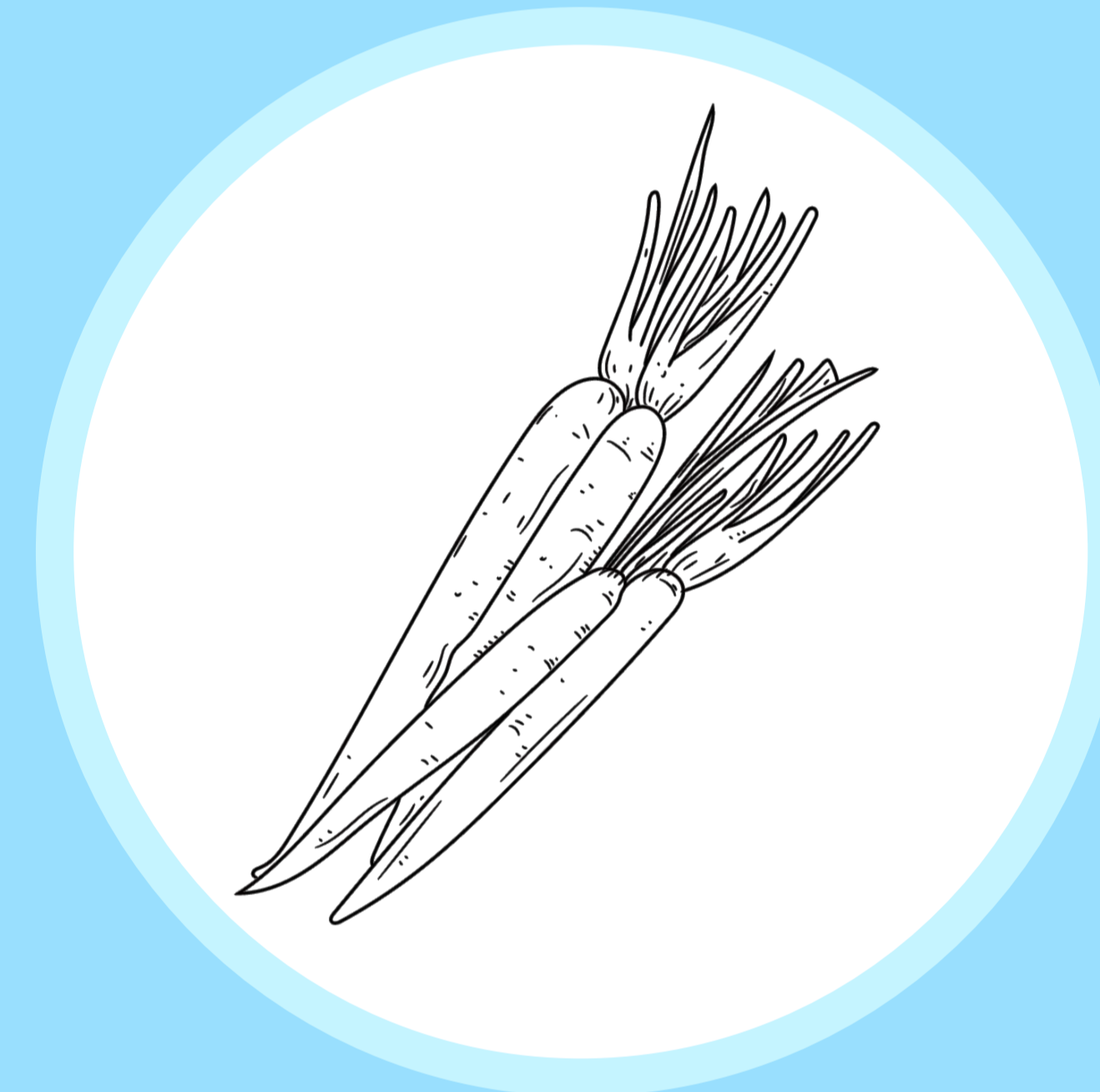
Aswini Mudra



Halāsana
(plow)



Aloe Vera



Carrots



Ginger