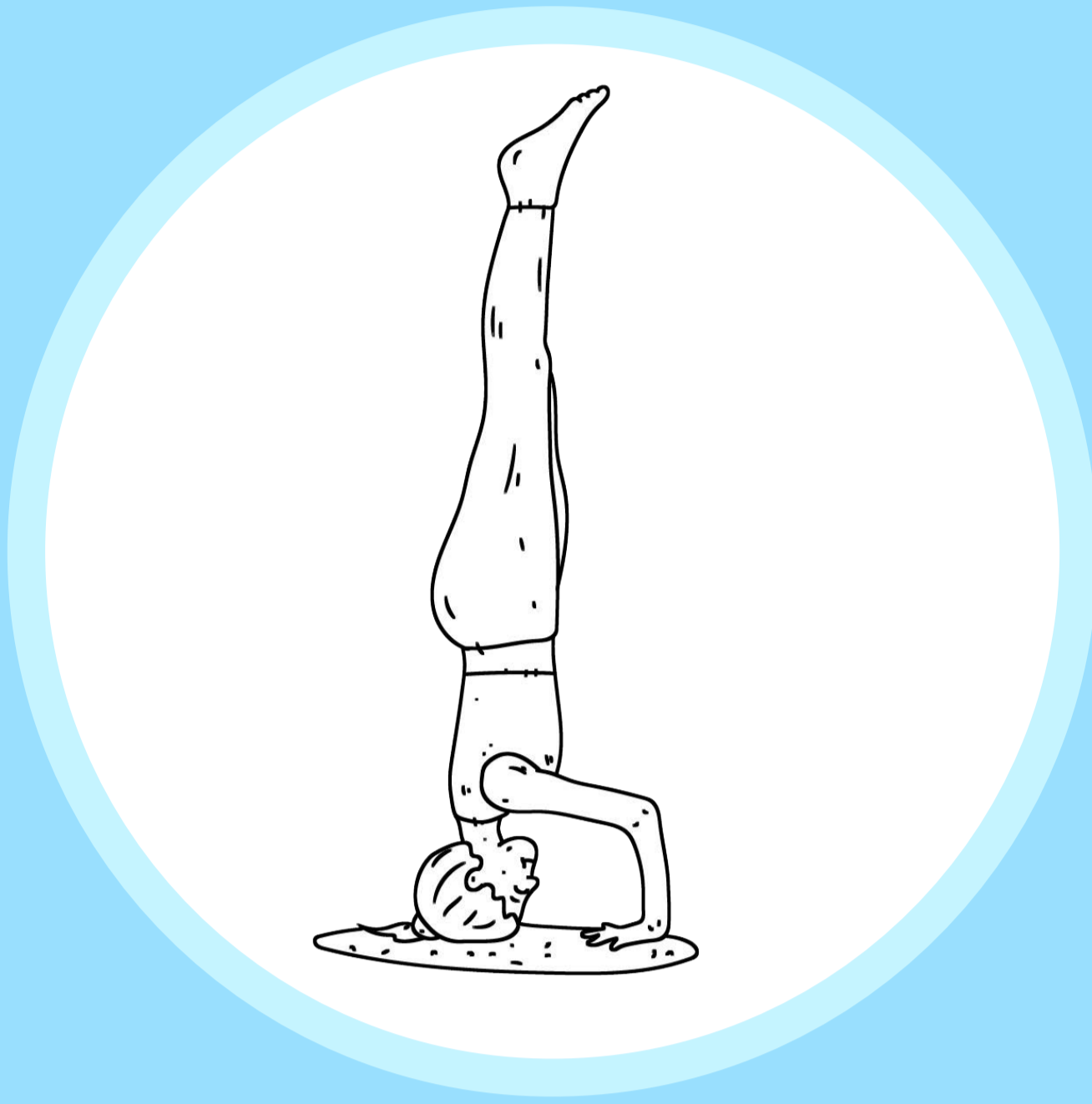
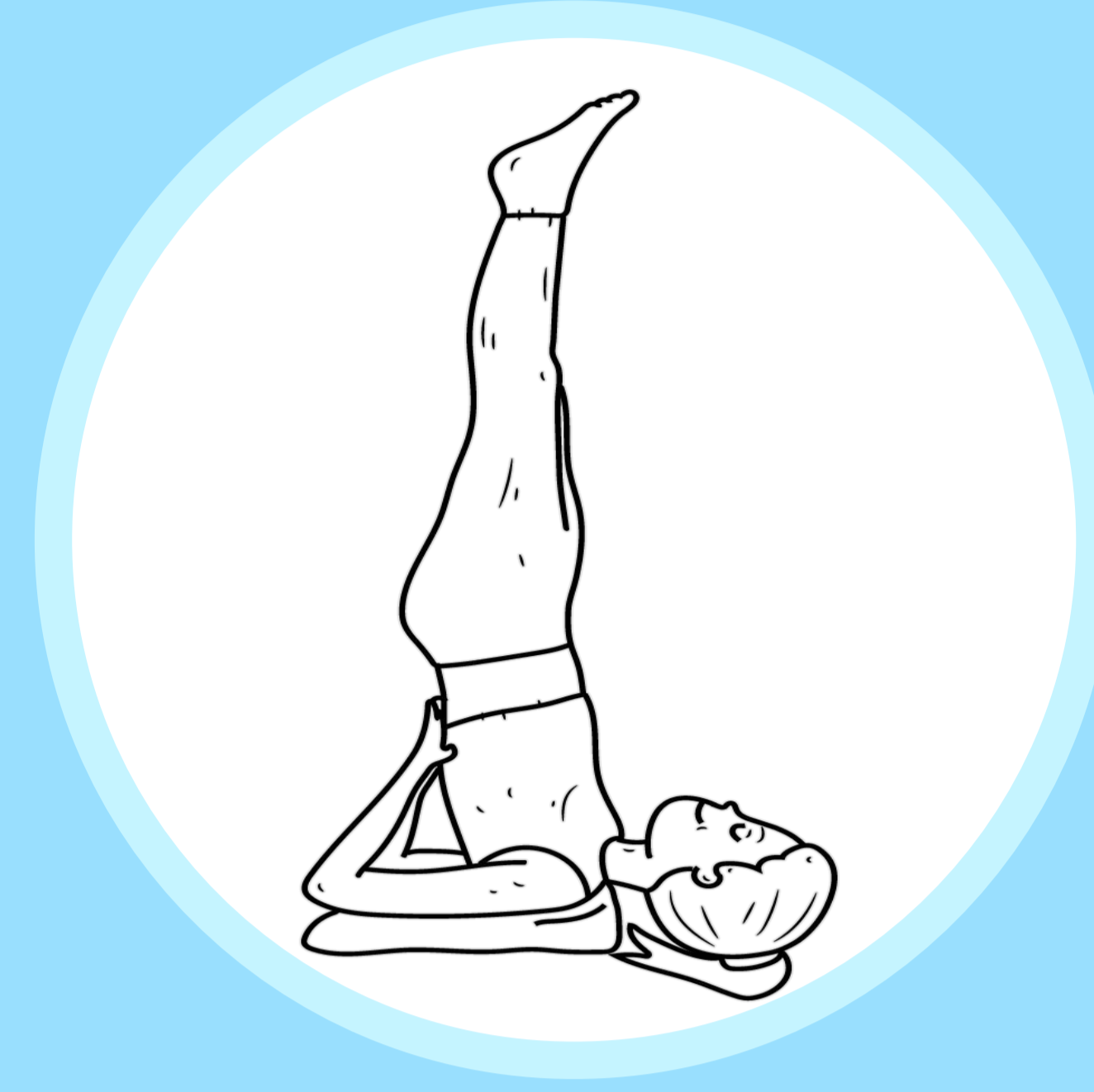


Bad Breath (p. 1 of 3)



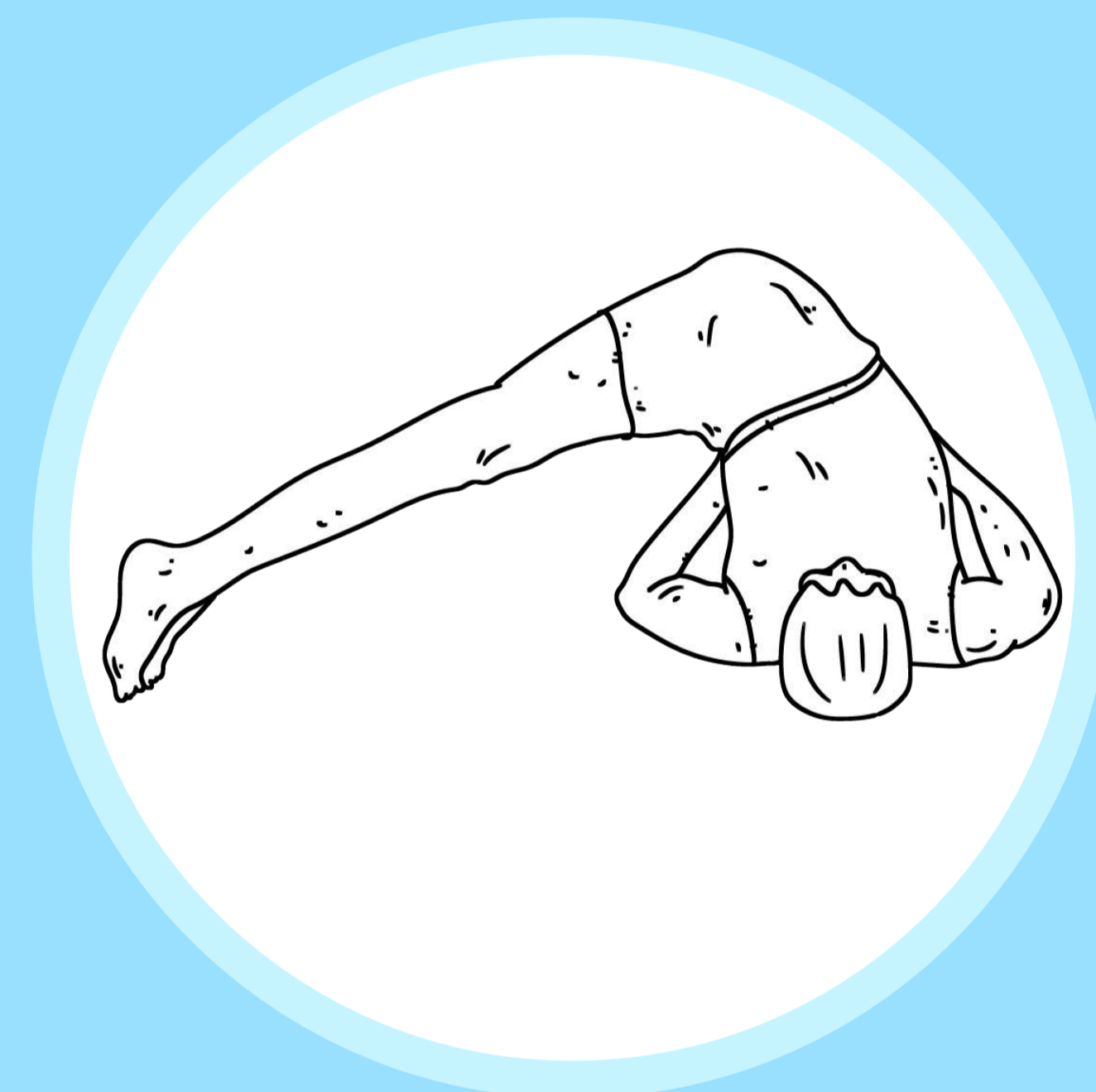
Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



Uttānāsana
(forward fold)



Pārśva Halāsana
(side plow)

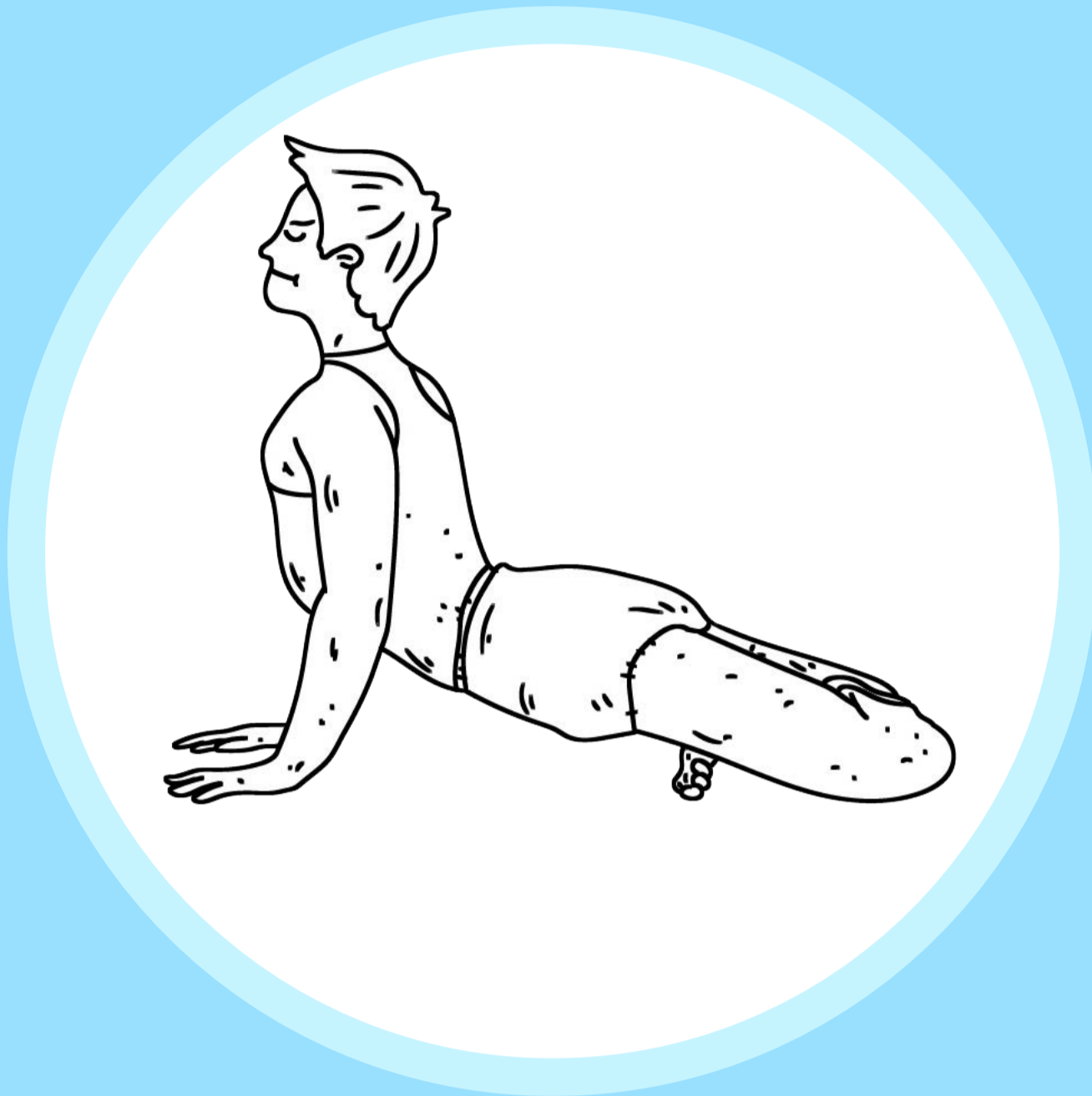


Paschimottānāsana
(staff)



Simhāsana I
(lion)

Bad Breath (p. 2 of 3)



**Simhāsana II
(lion)**



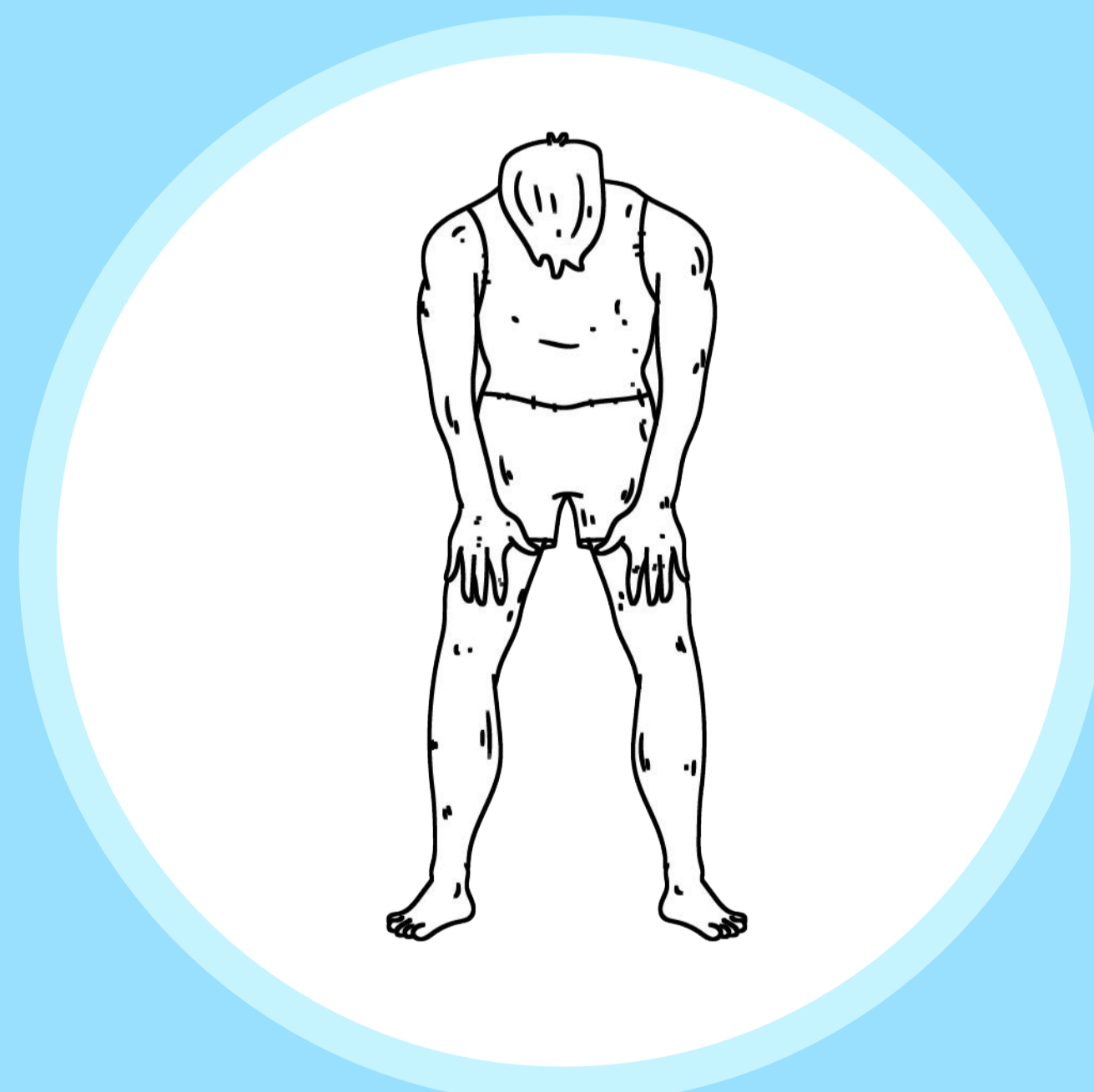
Ujjayi Pranayama



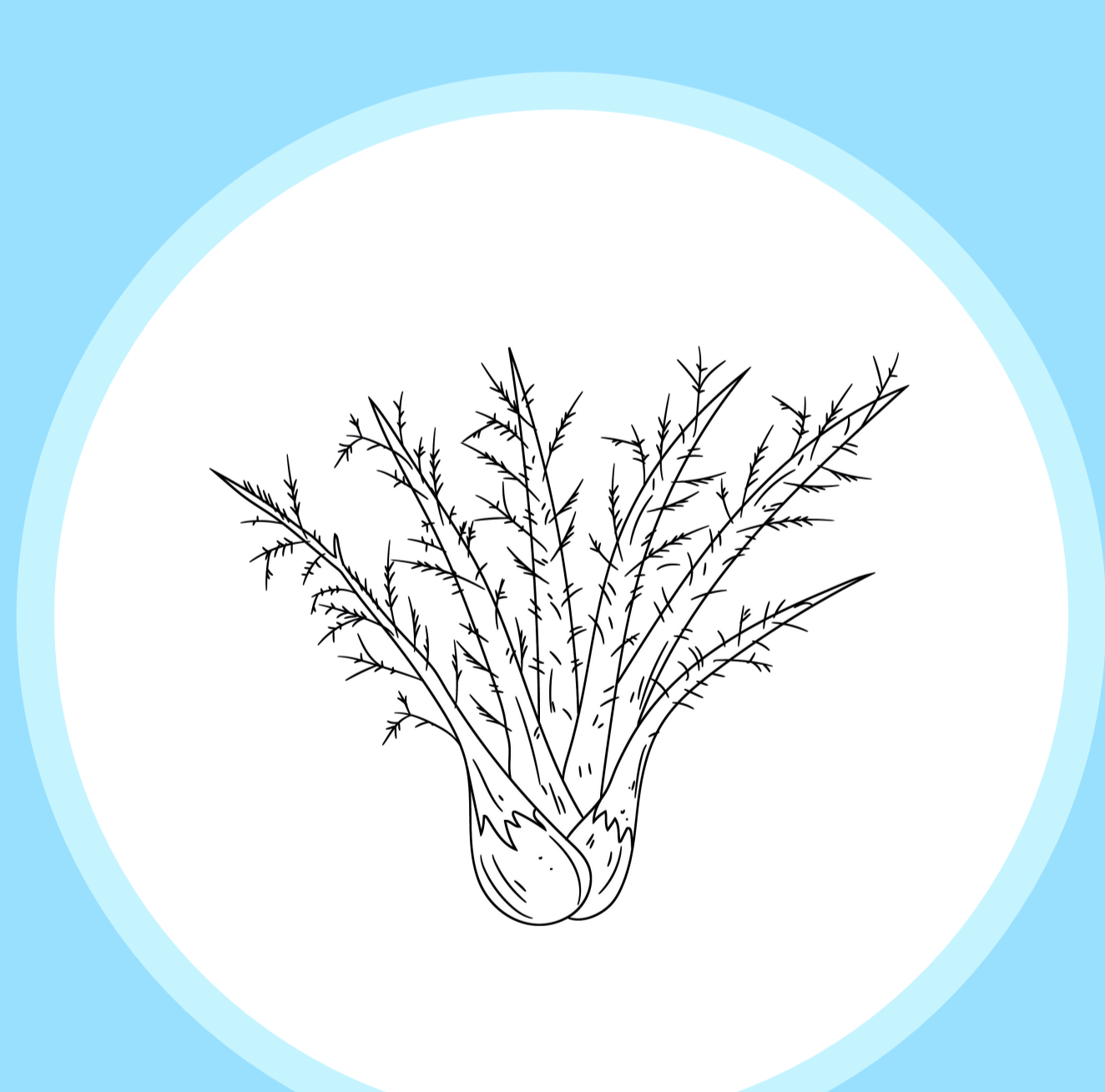
**Nādī Śodhana
(alternate nostril breathing)**



**Śītali
(cooling)**



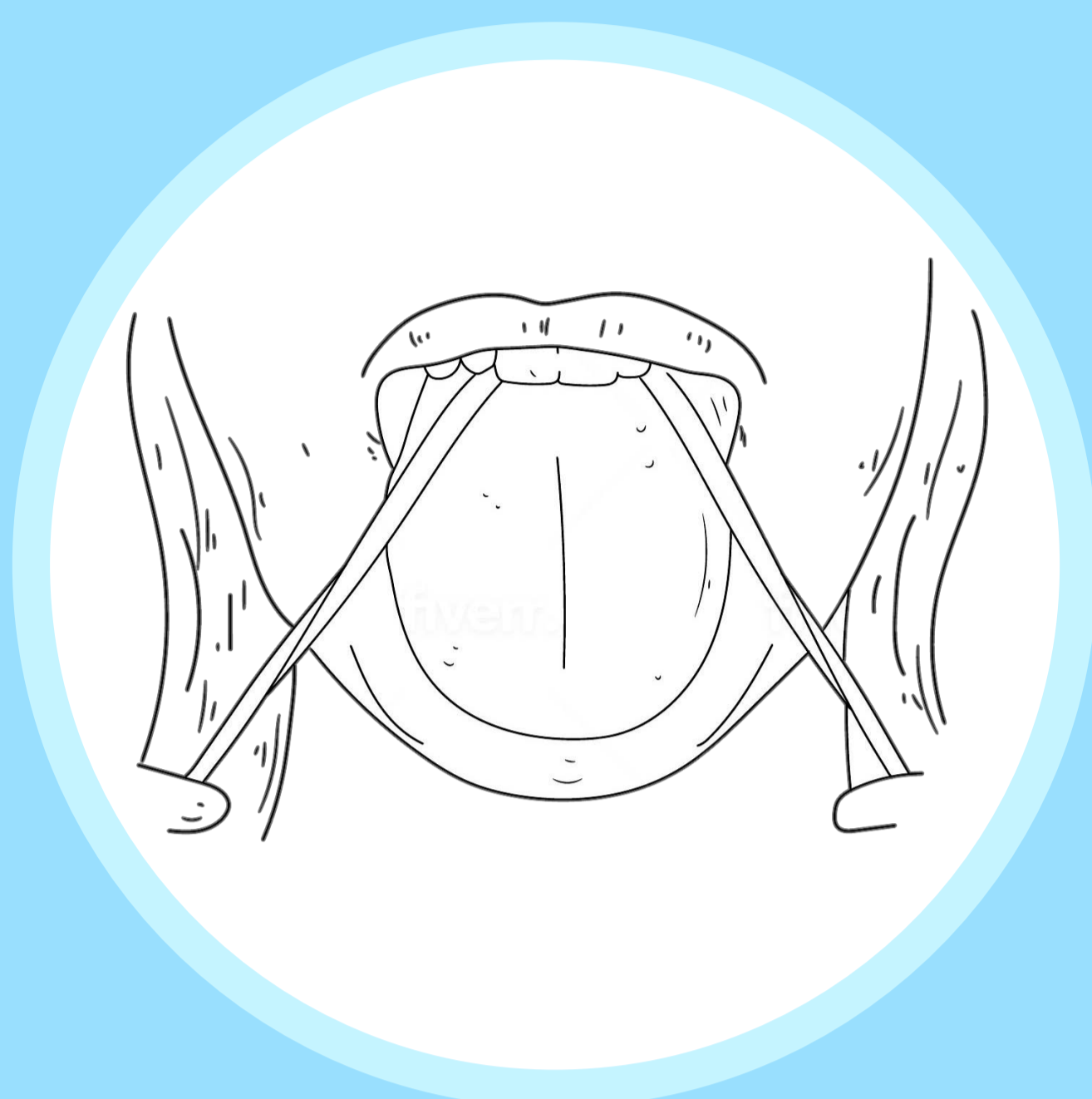
Uddiyana



Chew Fennel and Cumin

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

Bad Breath (p. 3 of 3)



Tonge Scrape



Limit Alcohol

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