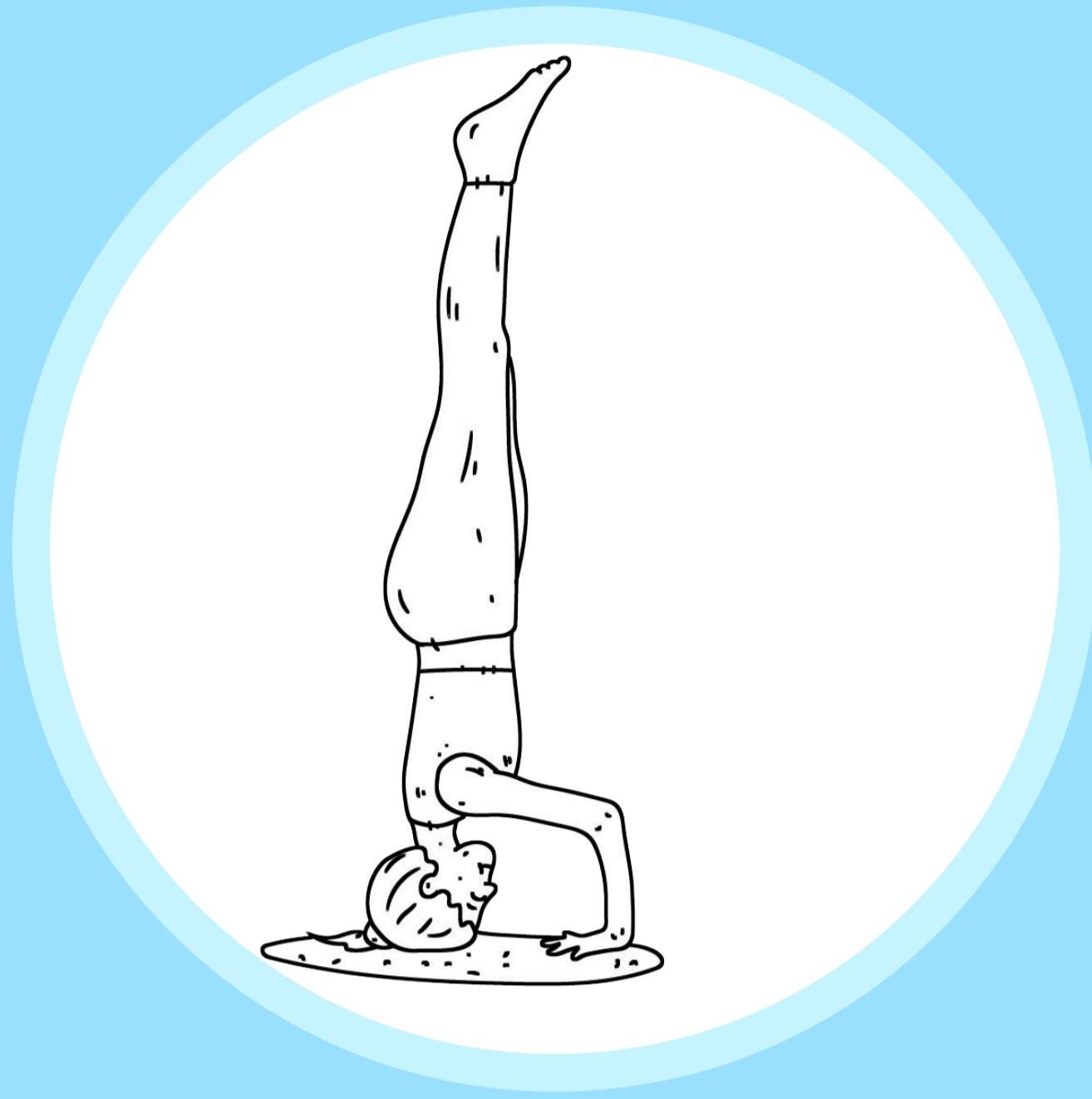
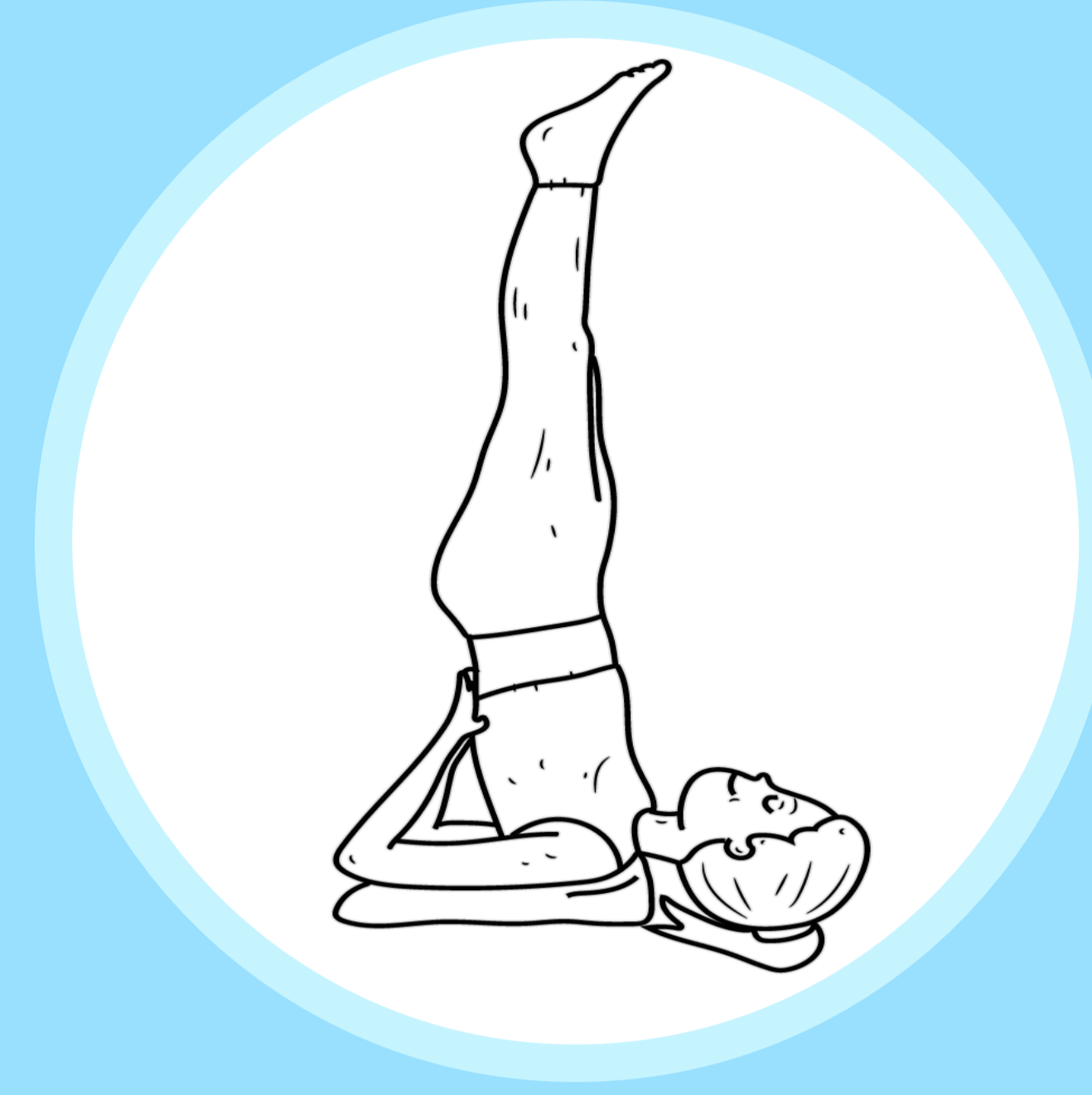


Items to discuss with your doctor and consider learning from a qualified yoga instructor for

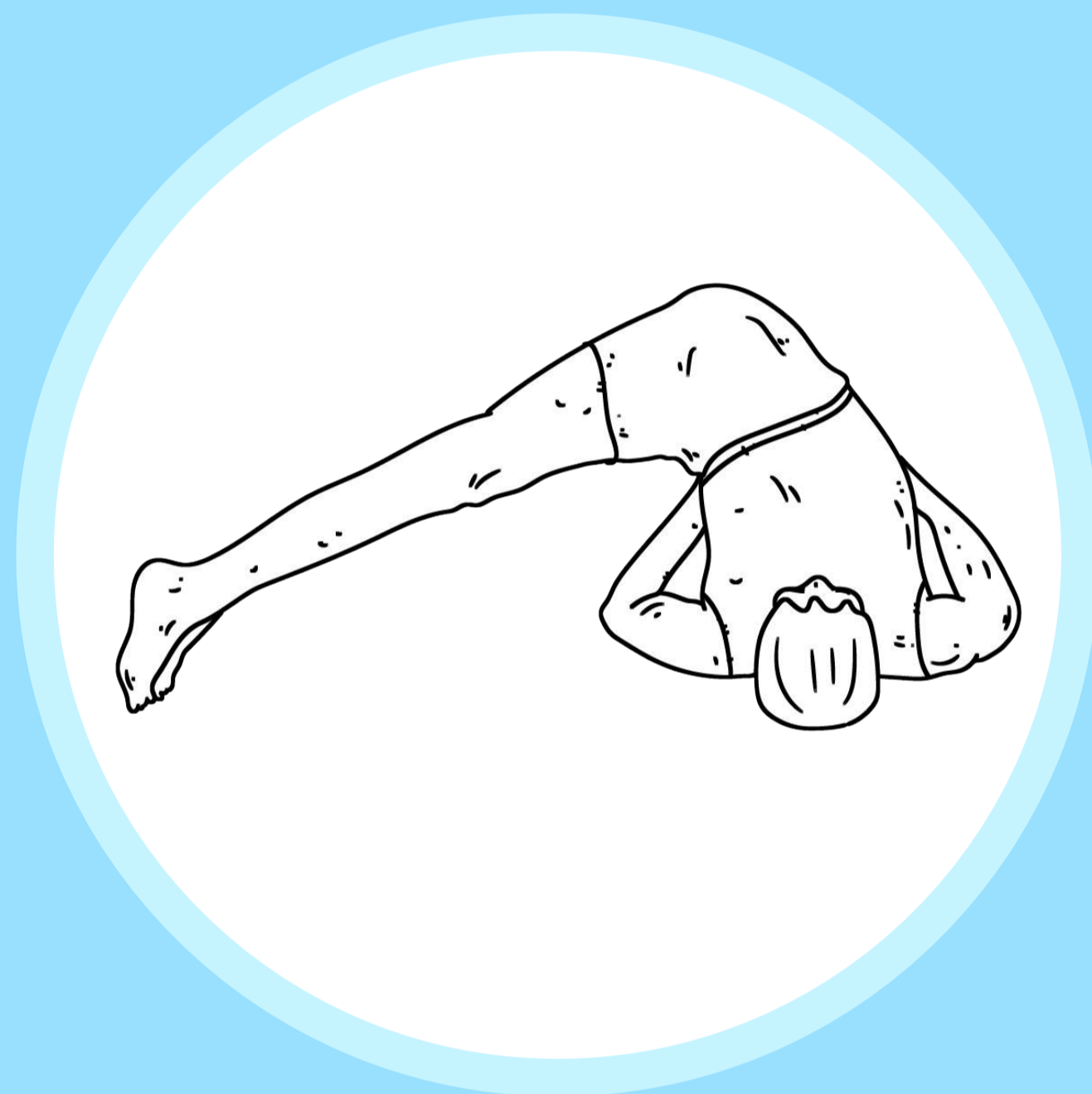
Prostate Health and Hernias (p. 1 of 10)



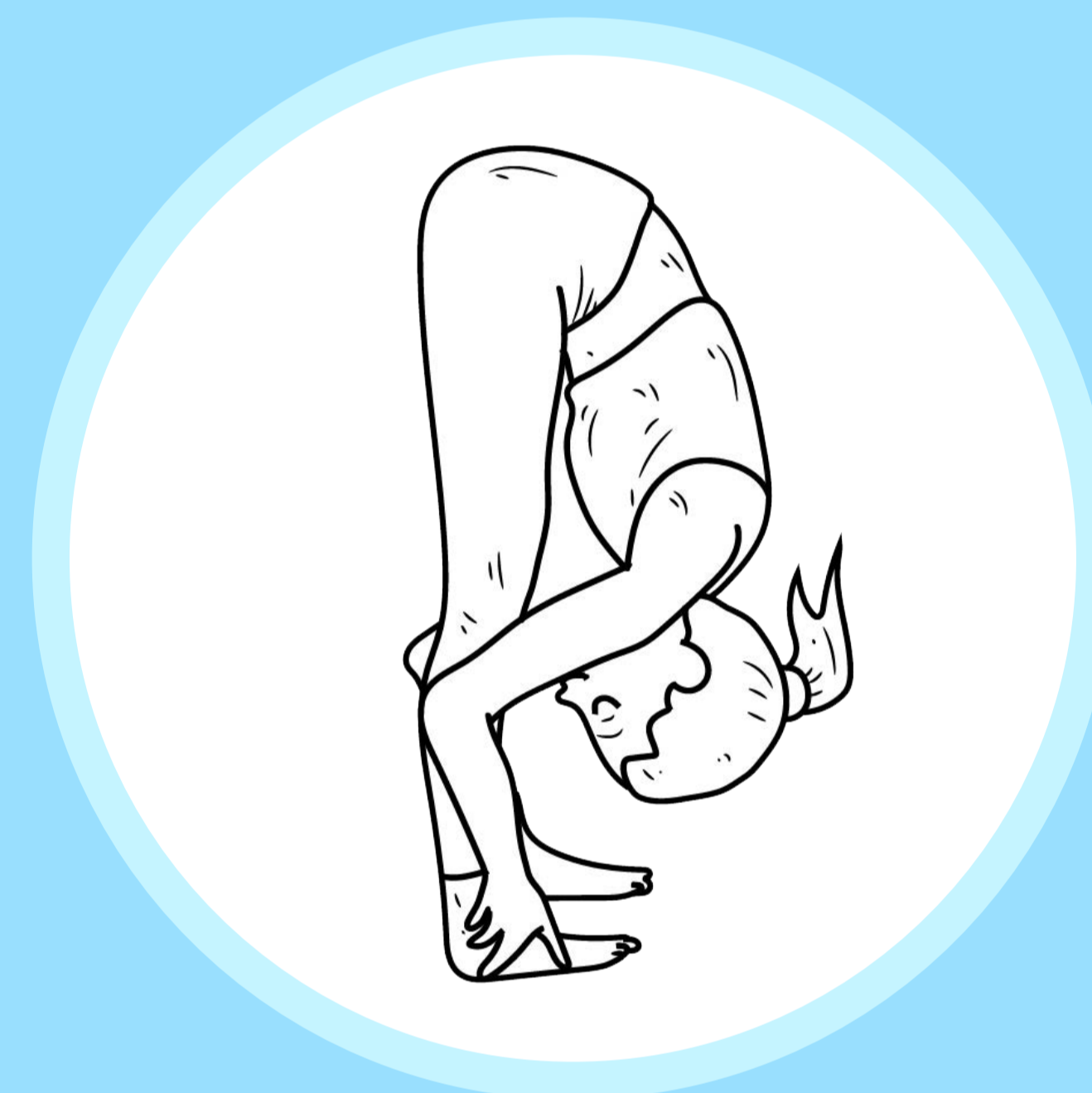
Sirsasana
(head stand)



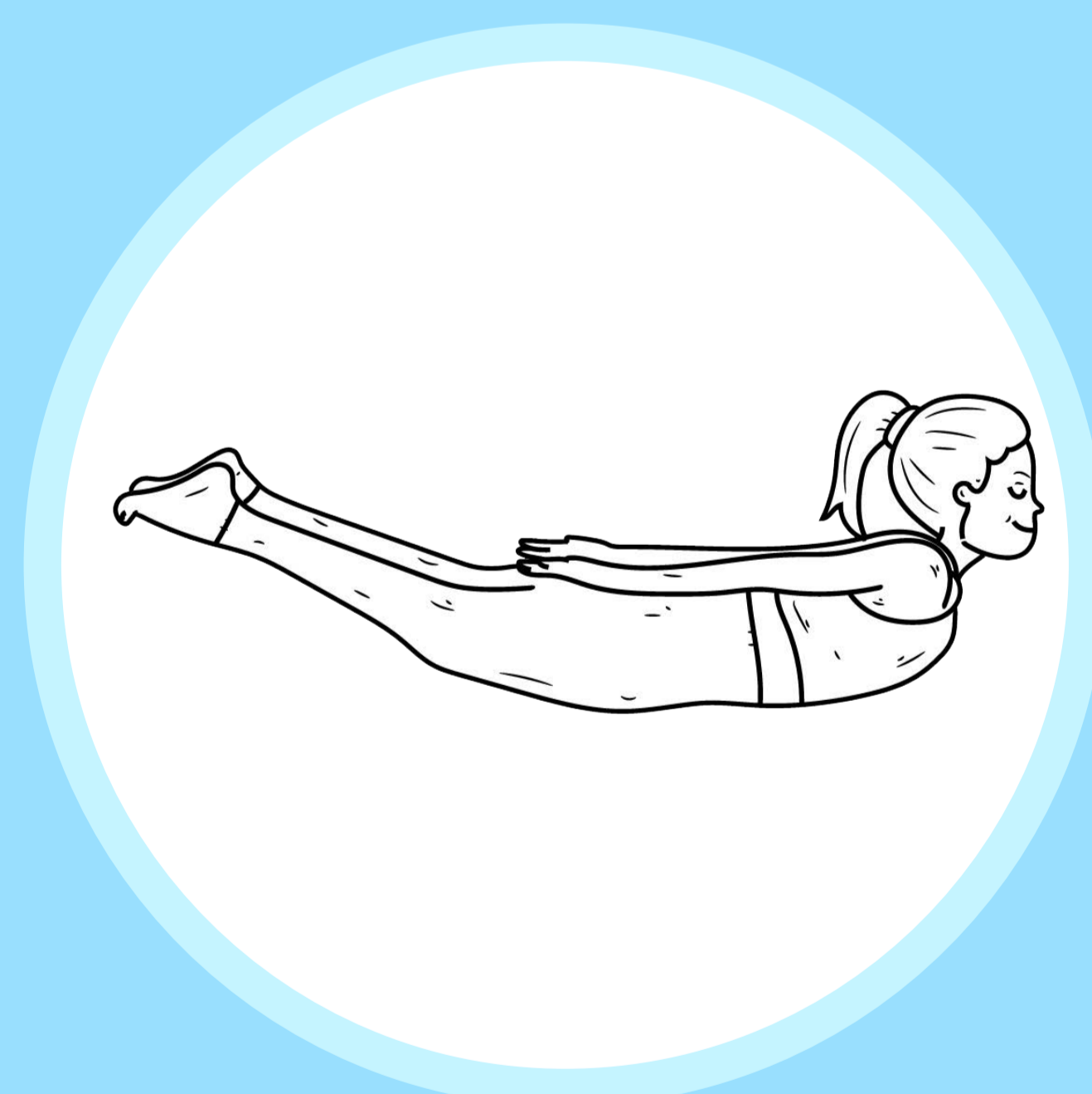
Sarvāngāsana
(shoulder stand)



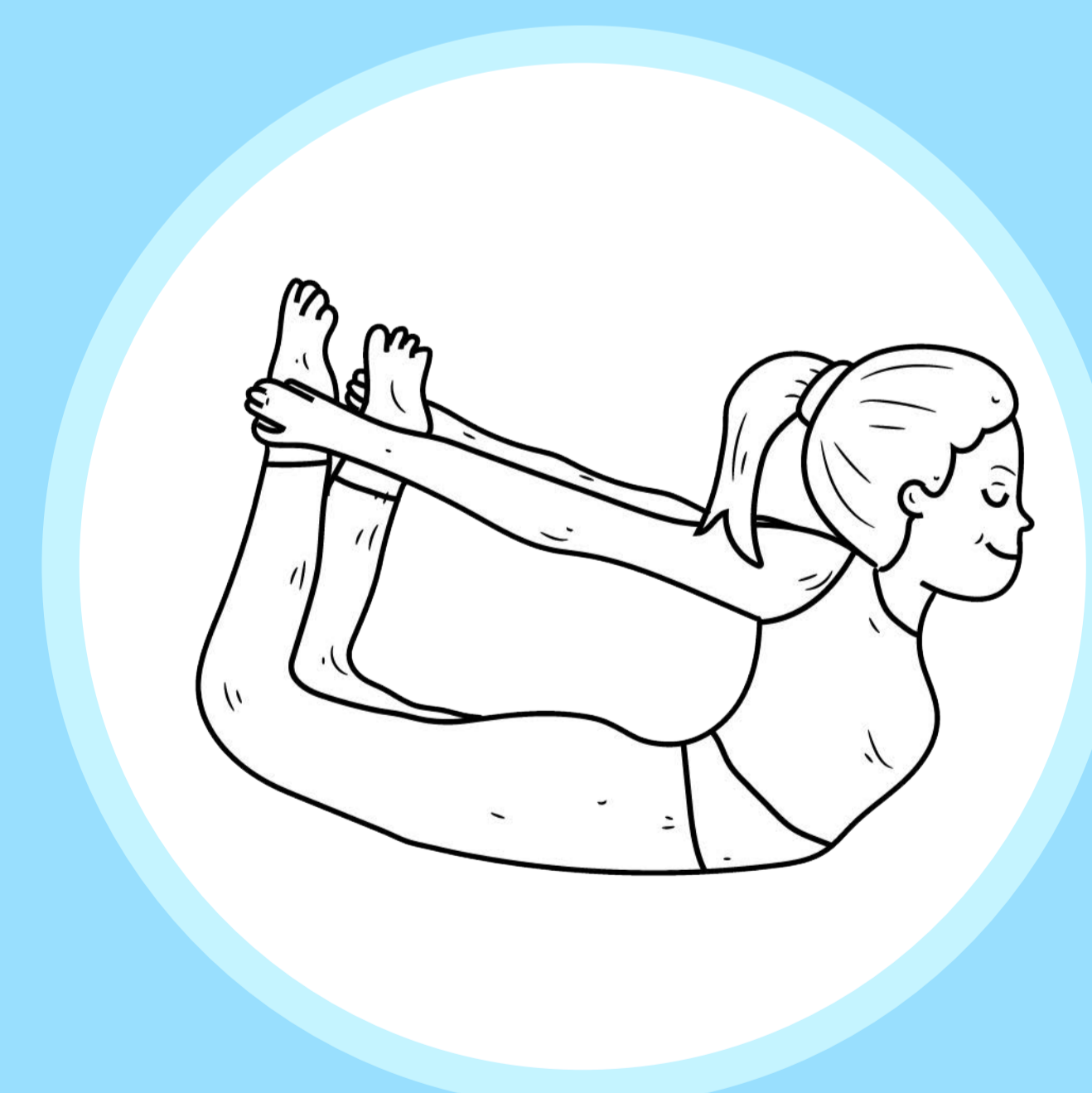
Pārśva Halāsana
(side plow)



Uttānāsana
(forward fold)



Śālābhāsanā
(locust)#



Dhanurāsana
(bow)#

especially good for prostate health.

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Prostate Health and Hernias

(p. 2 of 10)



Adhomukha Śvānāsana
(downward dog)



Nāvāsana
(boat)



Jānu-Śīrṣāsana
(head to knee)



Vīrāsana
(hero)#



Supta Vīrāsana
(reclined hero)#



Baddha Konāsana
(bound angle)

especially good for prostate health.

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Prostate Health and Hernias

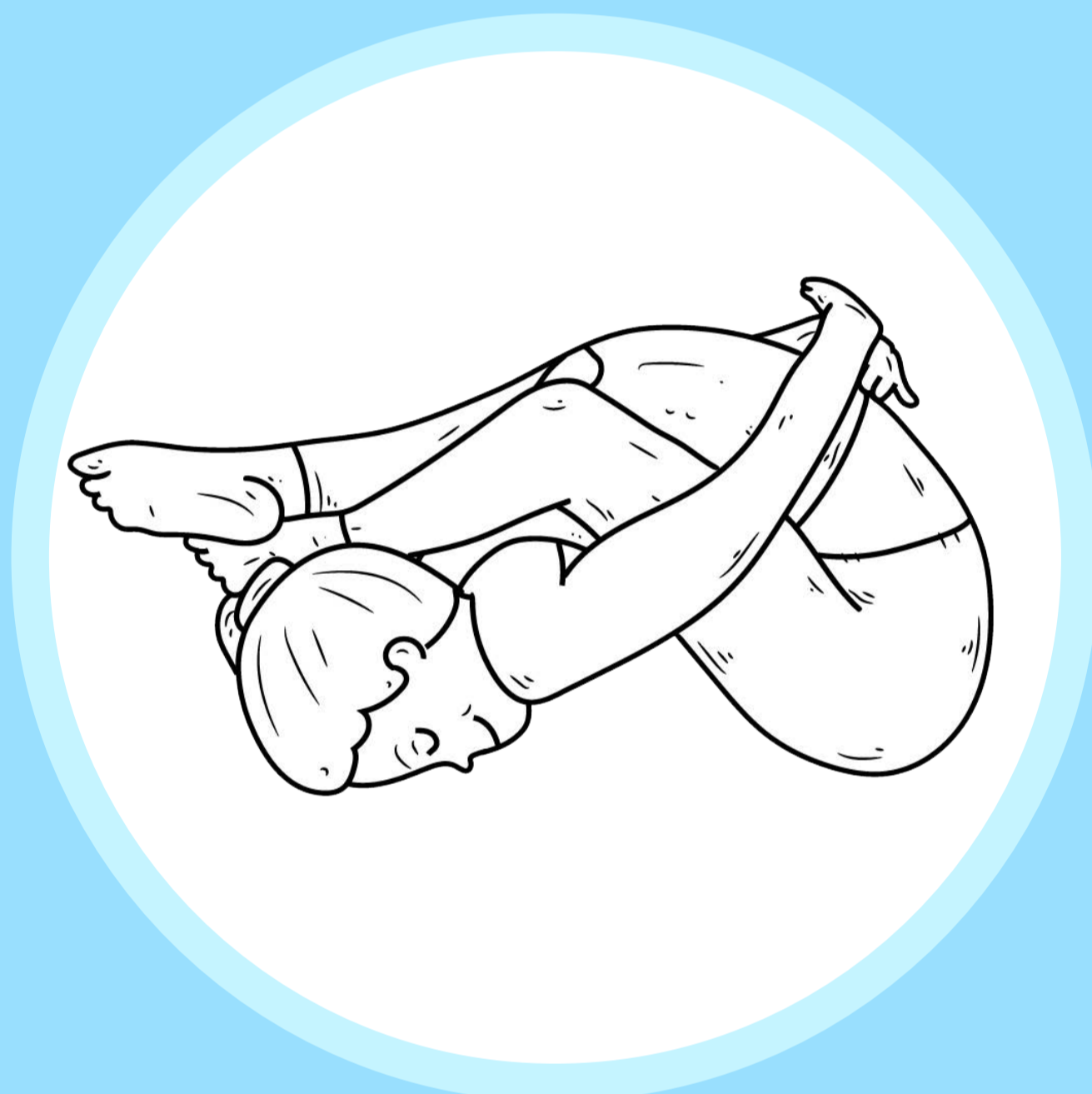
(p. 3 of 10)



Padmāsana
(lotus)#



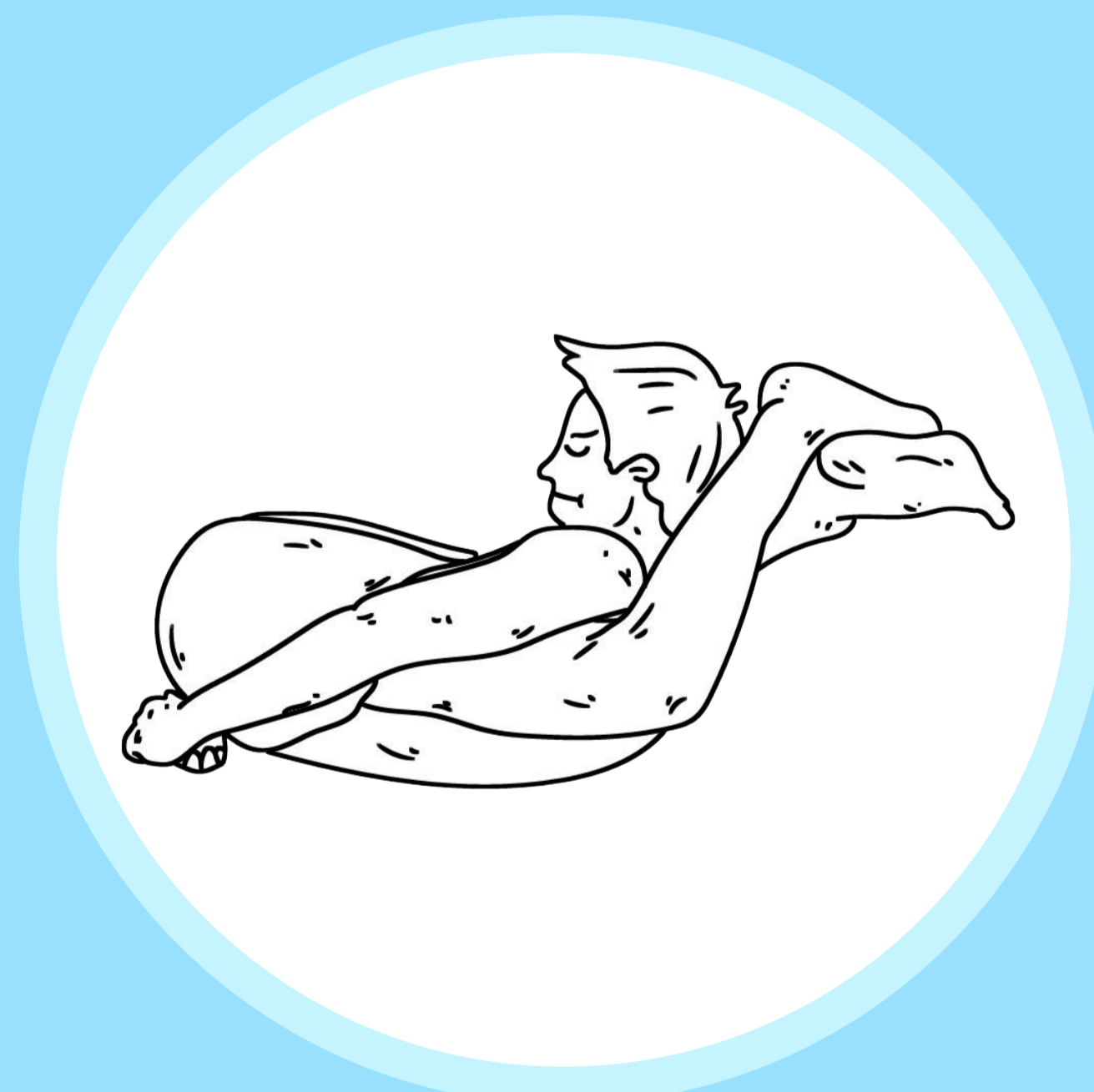
Kūrmāsana
(turtle)



Supta Kūrmāsana
(full turtle)



Ekapāda Śīrṣāsana
(foot behind the head)



Yoganidrasna
(state between sleep and wakefulness)



Ardha Marīchyāsana I
(bound forward fold)#

especially good for prostate health.

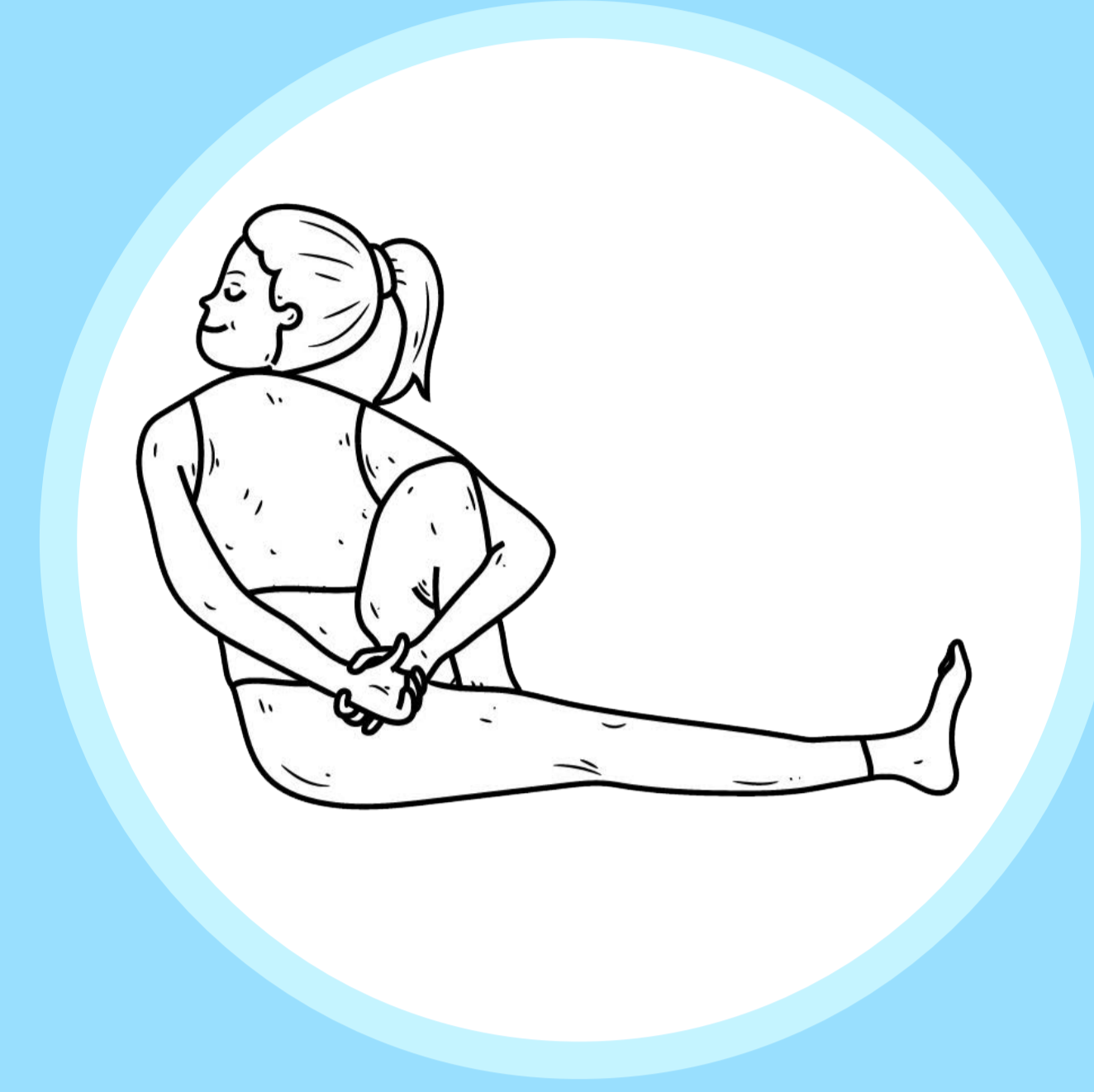
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Prostate Health and Hernias

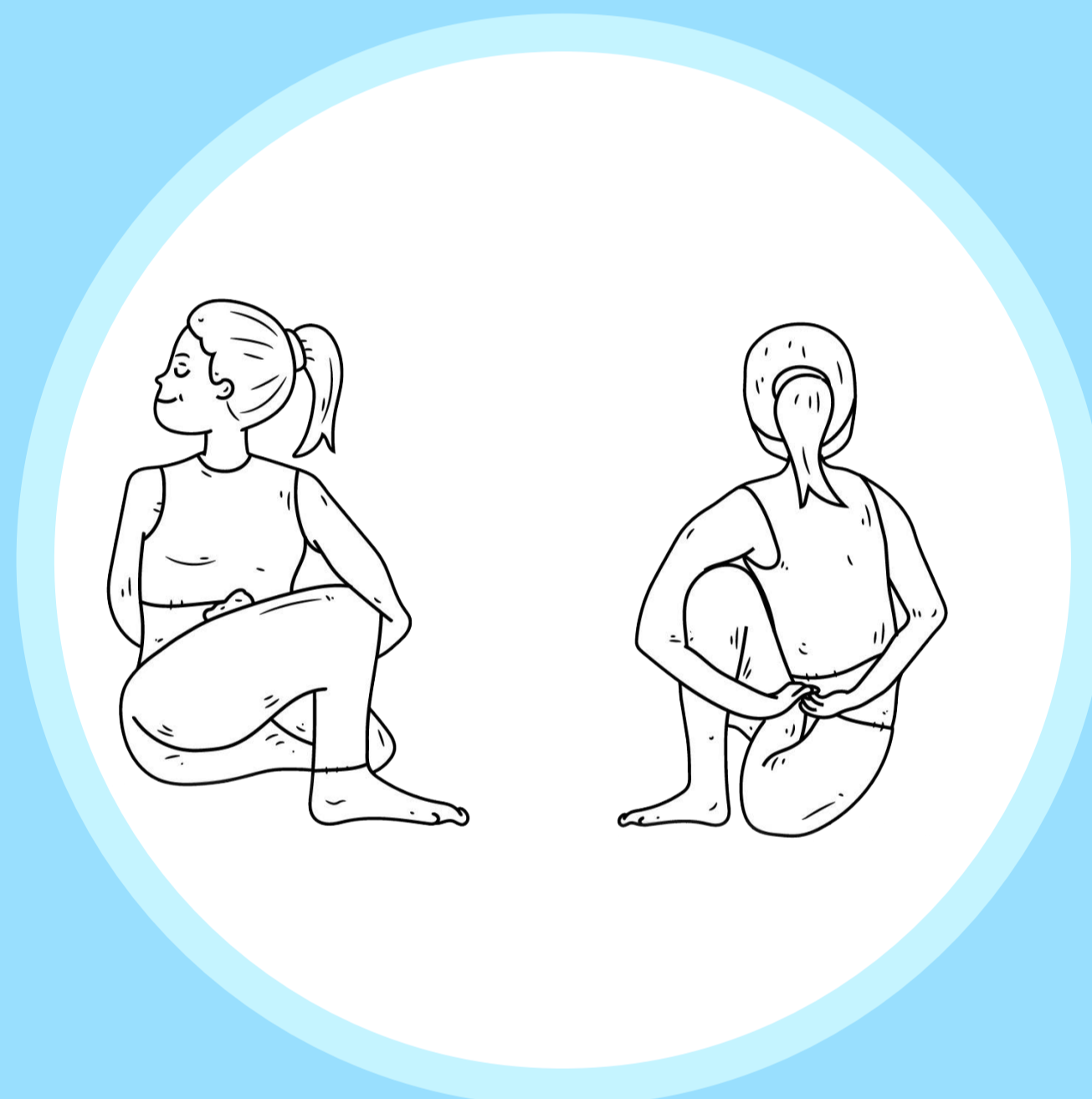
(p. 4 of 10)



Ardha Marichyāsana II
(half lotus bound forward fold)#



Ardha Marichyāsana III
(bound twist)#



Ardha Marichyāsana IV
(half lotus bound twist)#



Pāsāsana
(cord)#



Hanumānāsana
(splits)



Mūlabandhāsana
(root lock)

especially good for prostate health.

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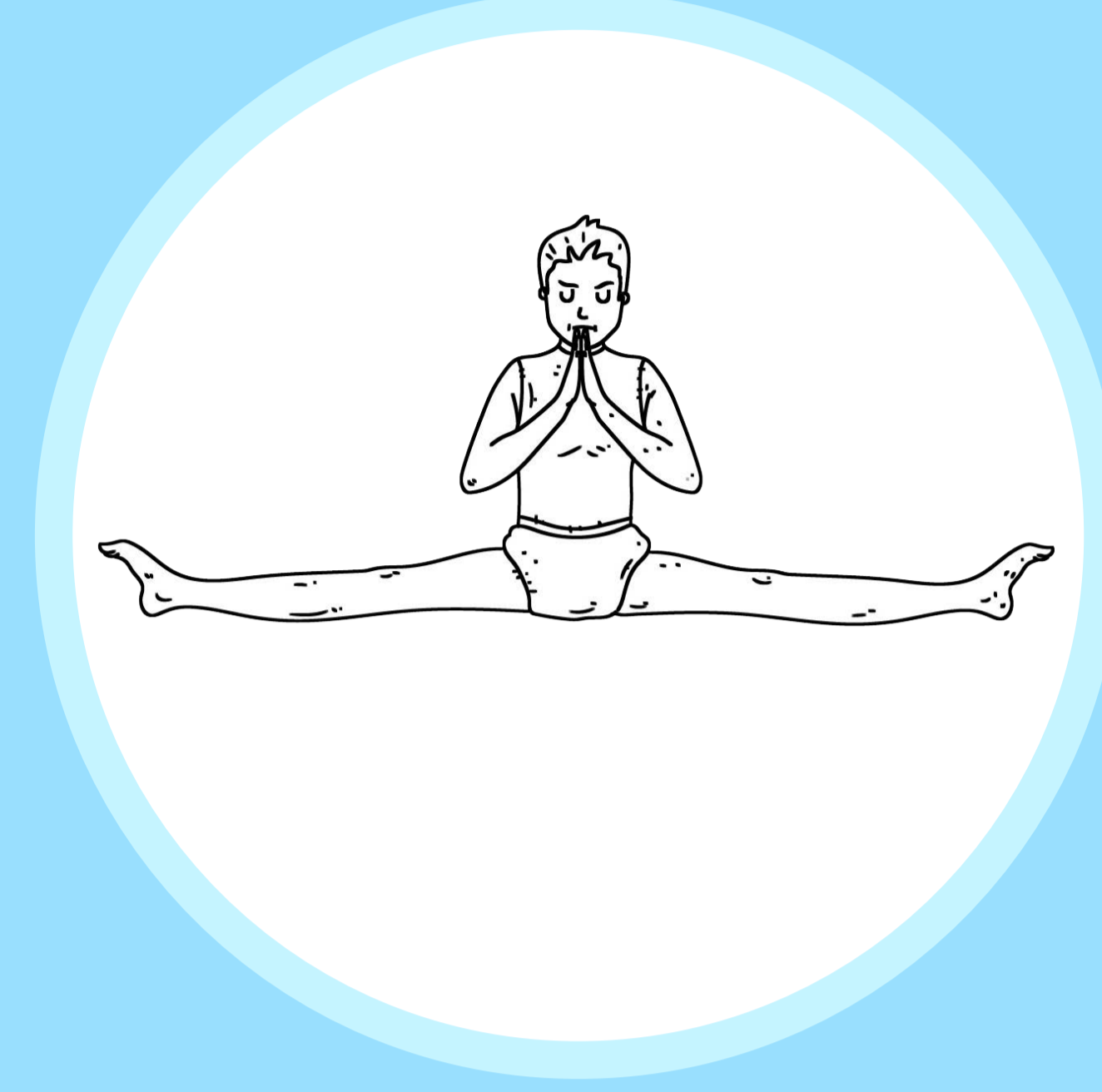
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Prostate Health and Hernias

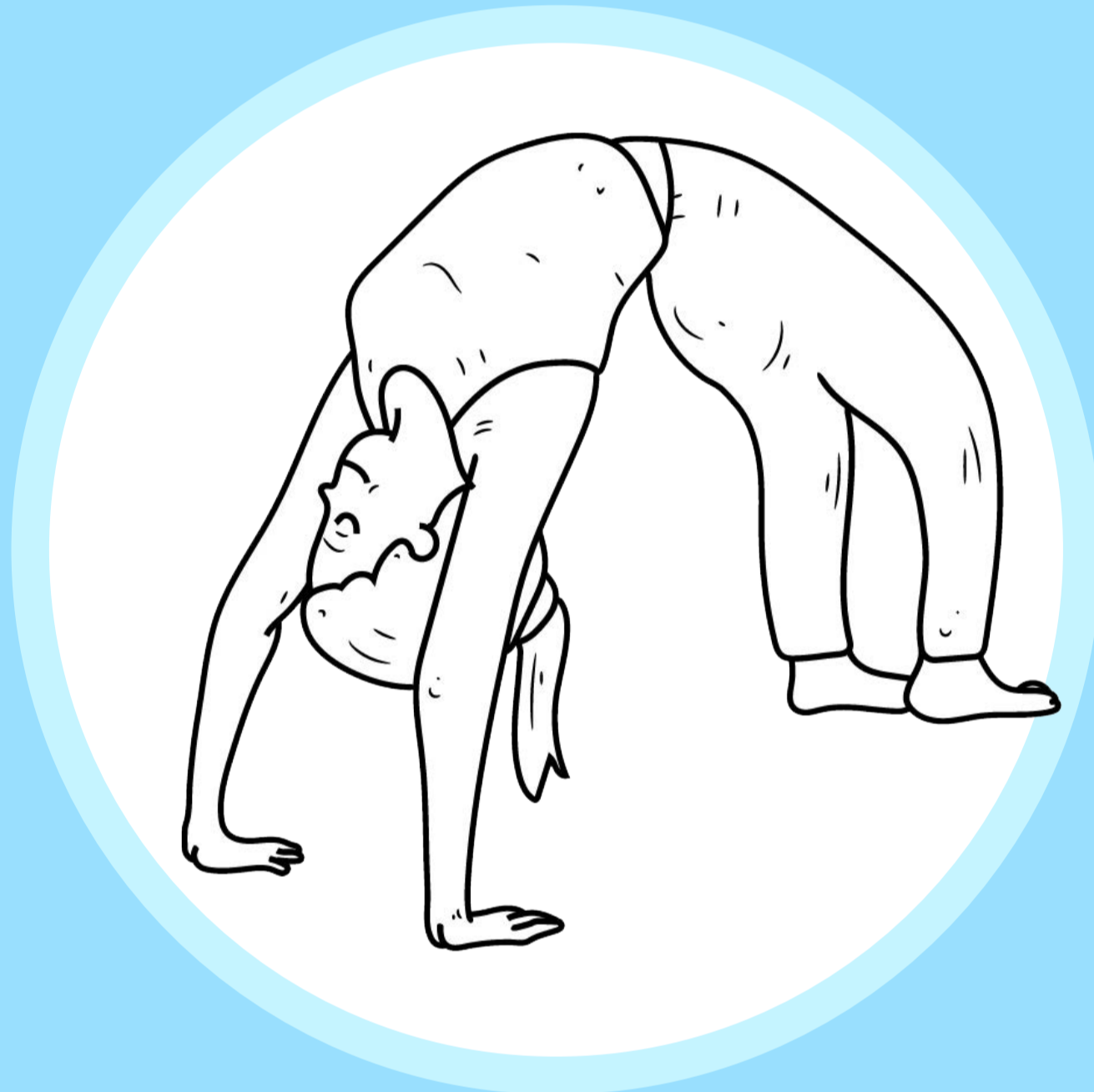
(p. 5 of 10)



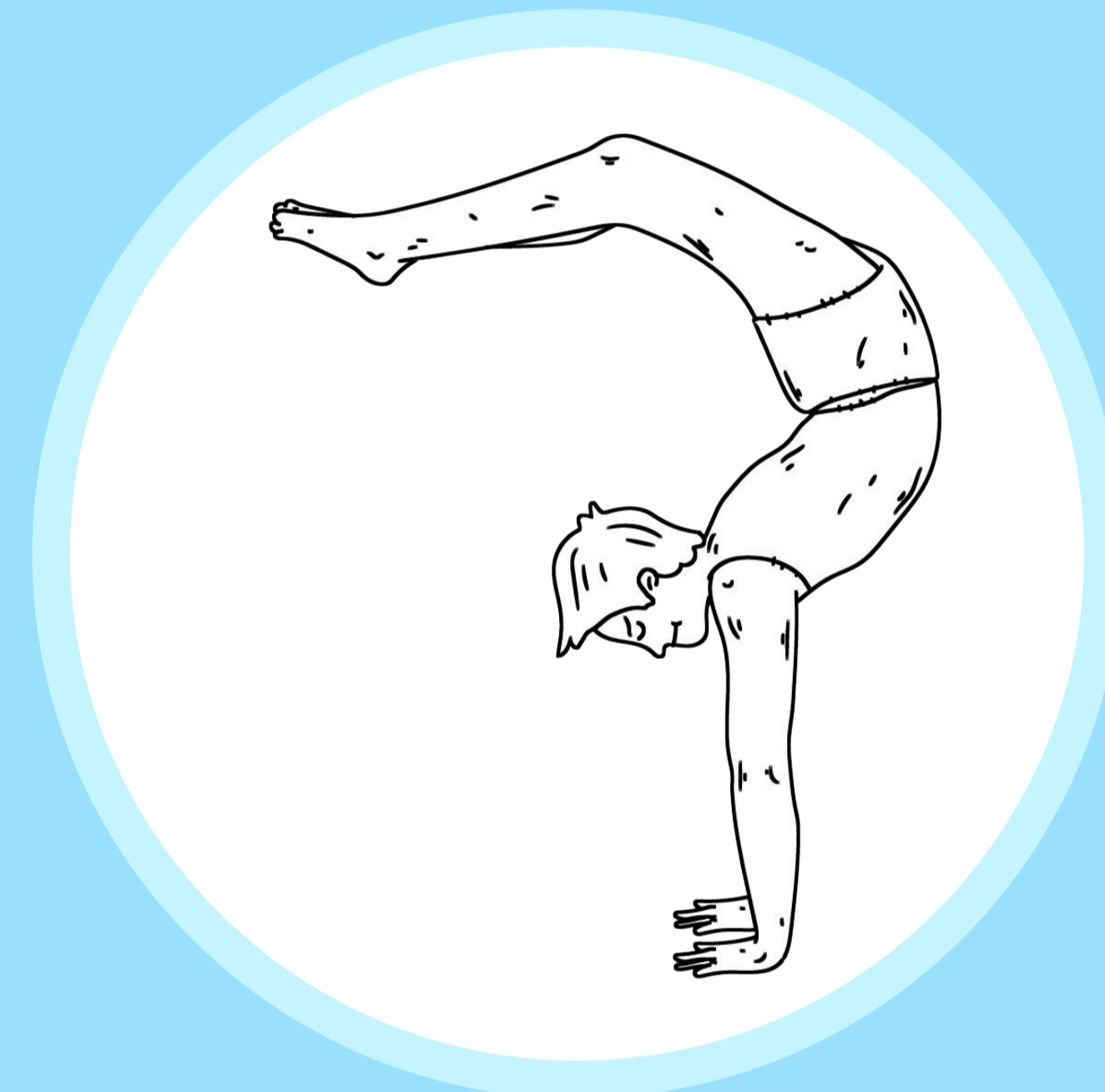
Kandāsana
(navel)#



Samakoṇāsana
(even angle)



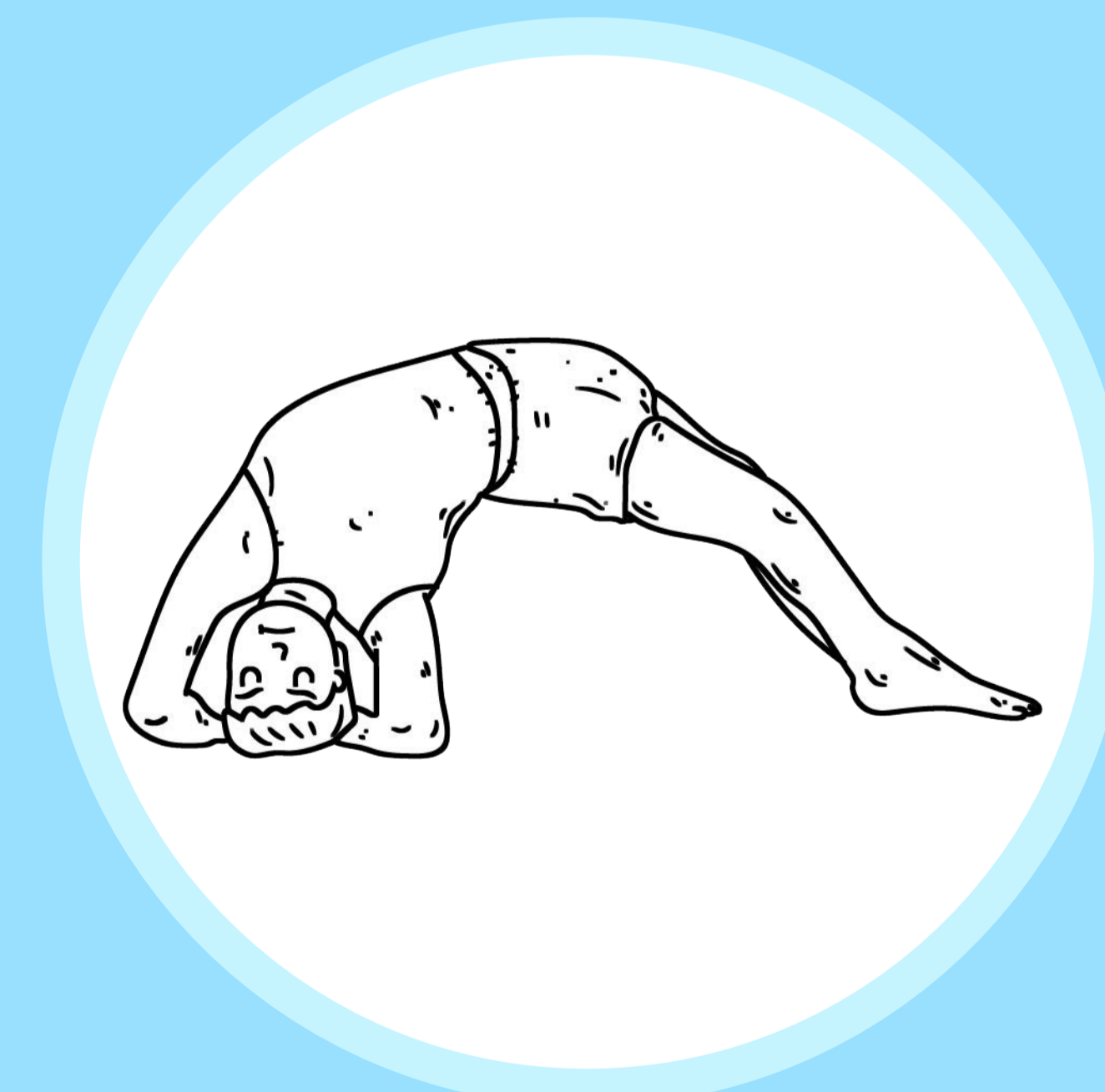
Chakrāsana
(wheel)



Viparīta Chakrāsana
(inverted wheel)#



Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)



Maṇḍalāsana
(circle)#

especially good for prostate health.

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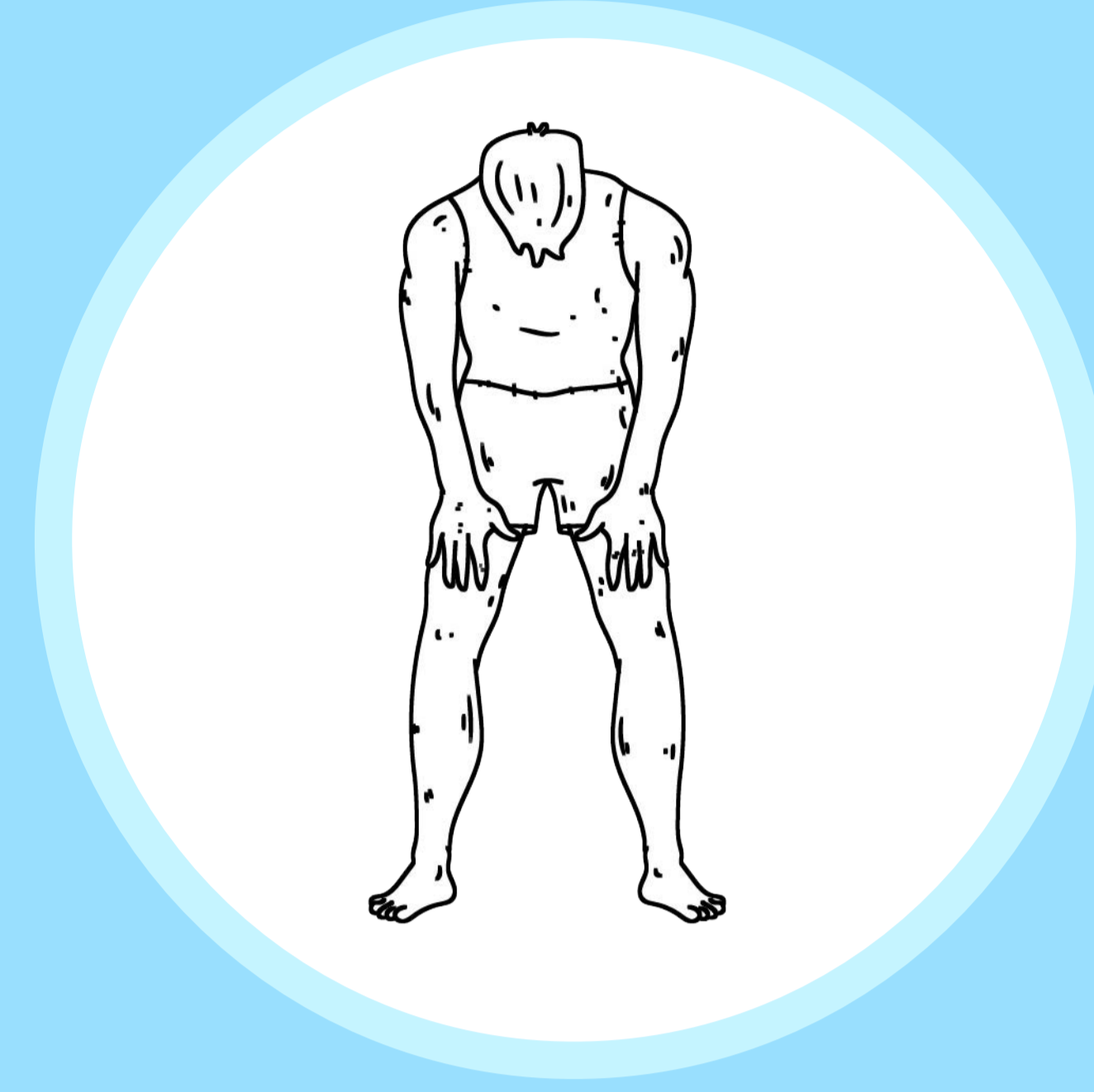
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Prostate Health and Hernias

(p. 6 of 10)



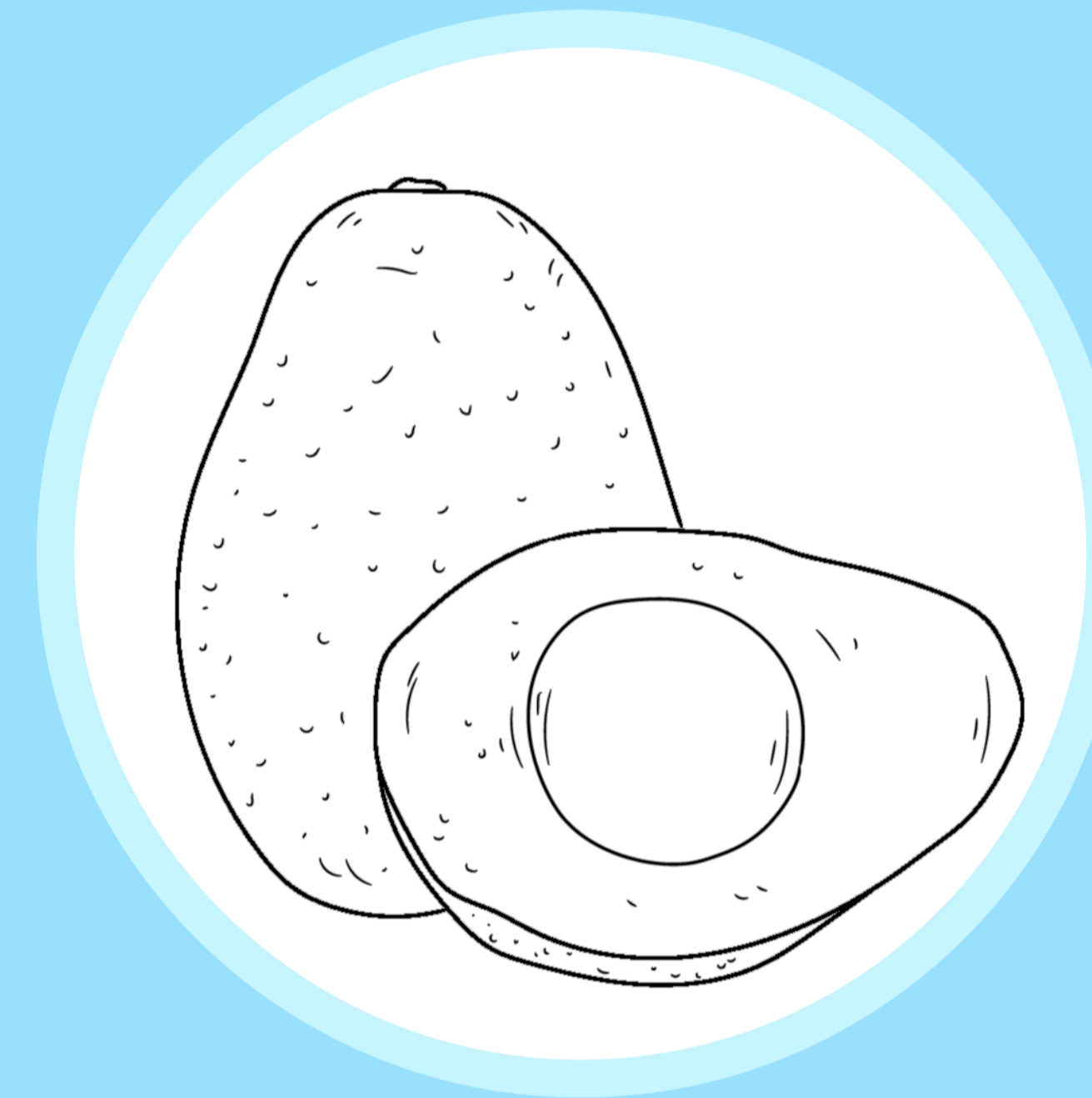
Nādi Śodhana
(alternate nostril breathing)#



Uddiyana



Ujjayi Pranayama with Retention#



Avocado#



Tomatoes#



Zinc#

especially good for prostate health.

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Prostate Health and Hernias

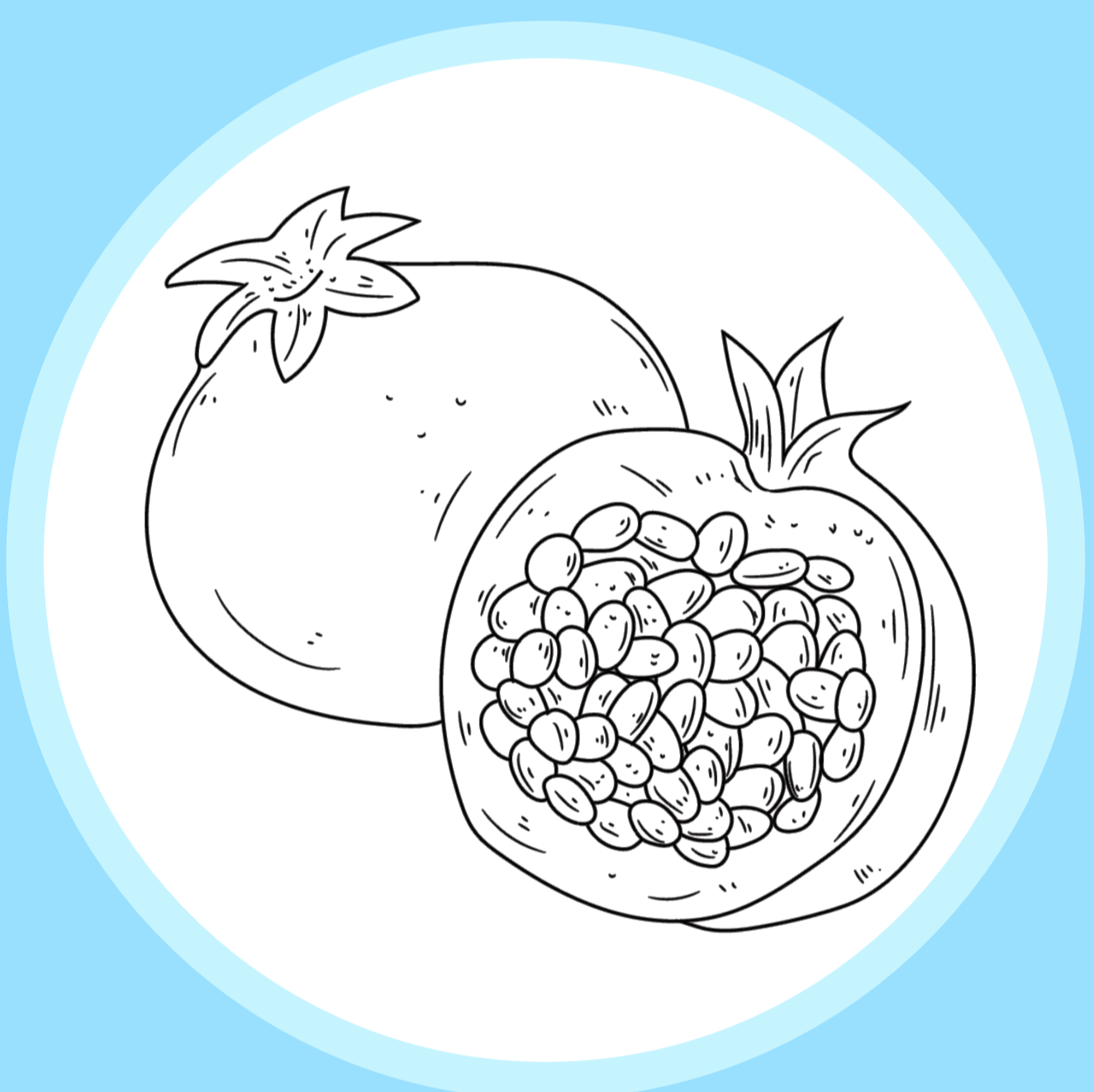
(p. 7 of 10)



Green Tea#



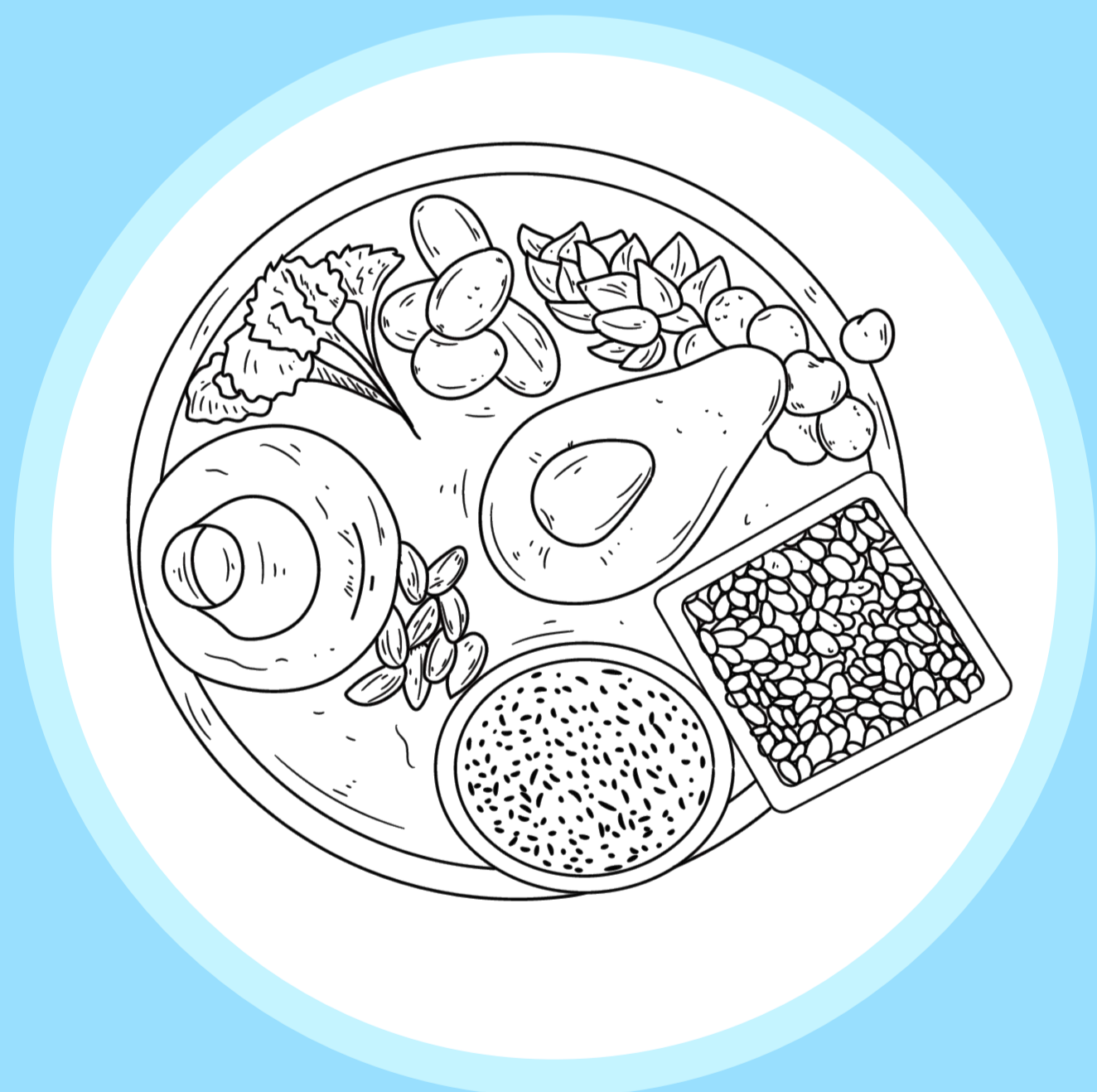
Limit Caffeine#



Pomegranates#



Selenium via Fish and Brazil Nuts#



Vitamin E#



Dwipāda Śīrṣāsana
(both feet behind head)

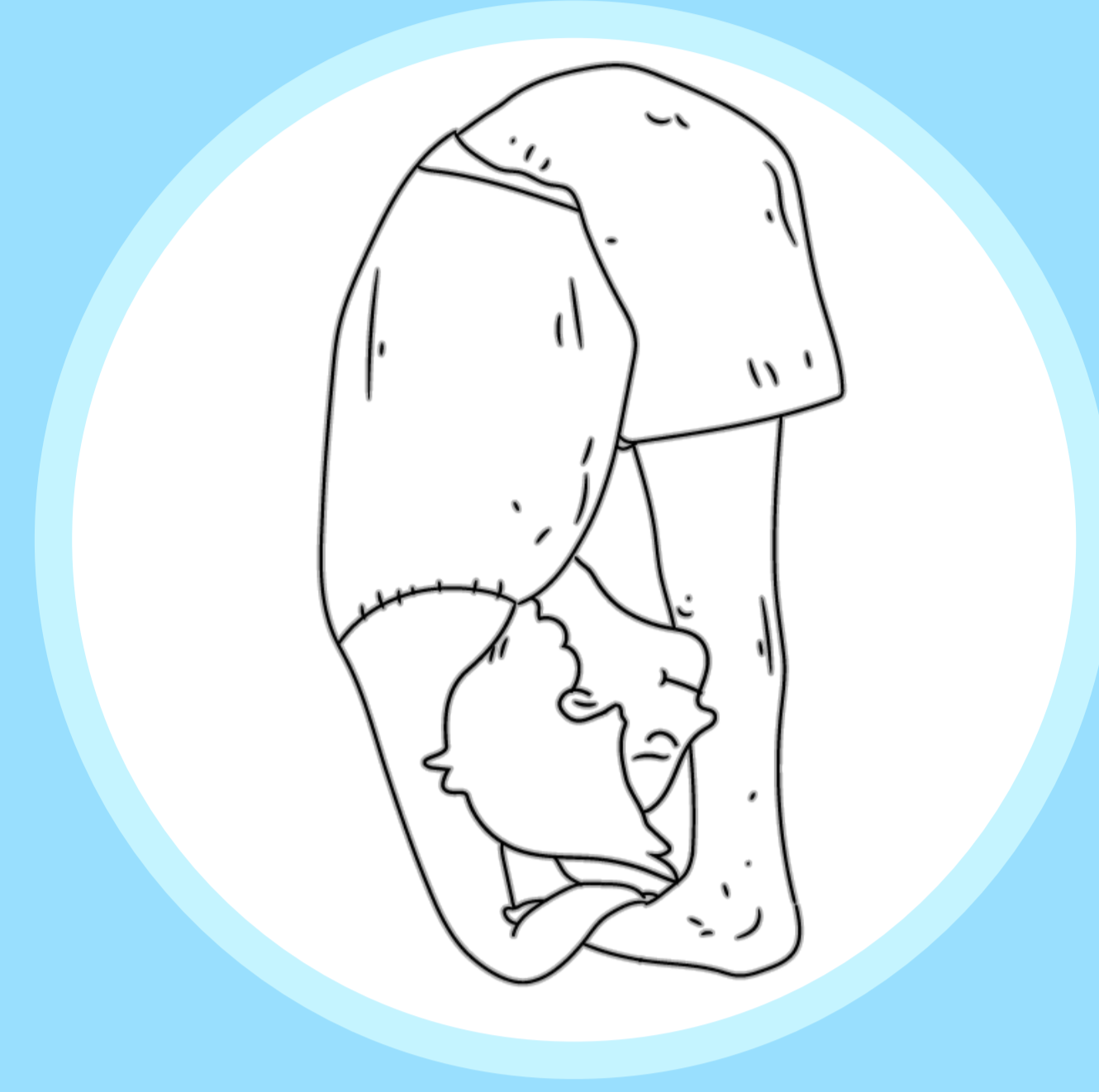
especially good for prostate health.

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

Prostate Health and Hernias (p. 8 of 10)



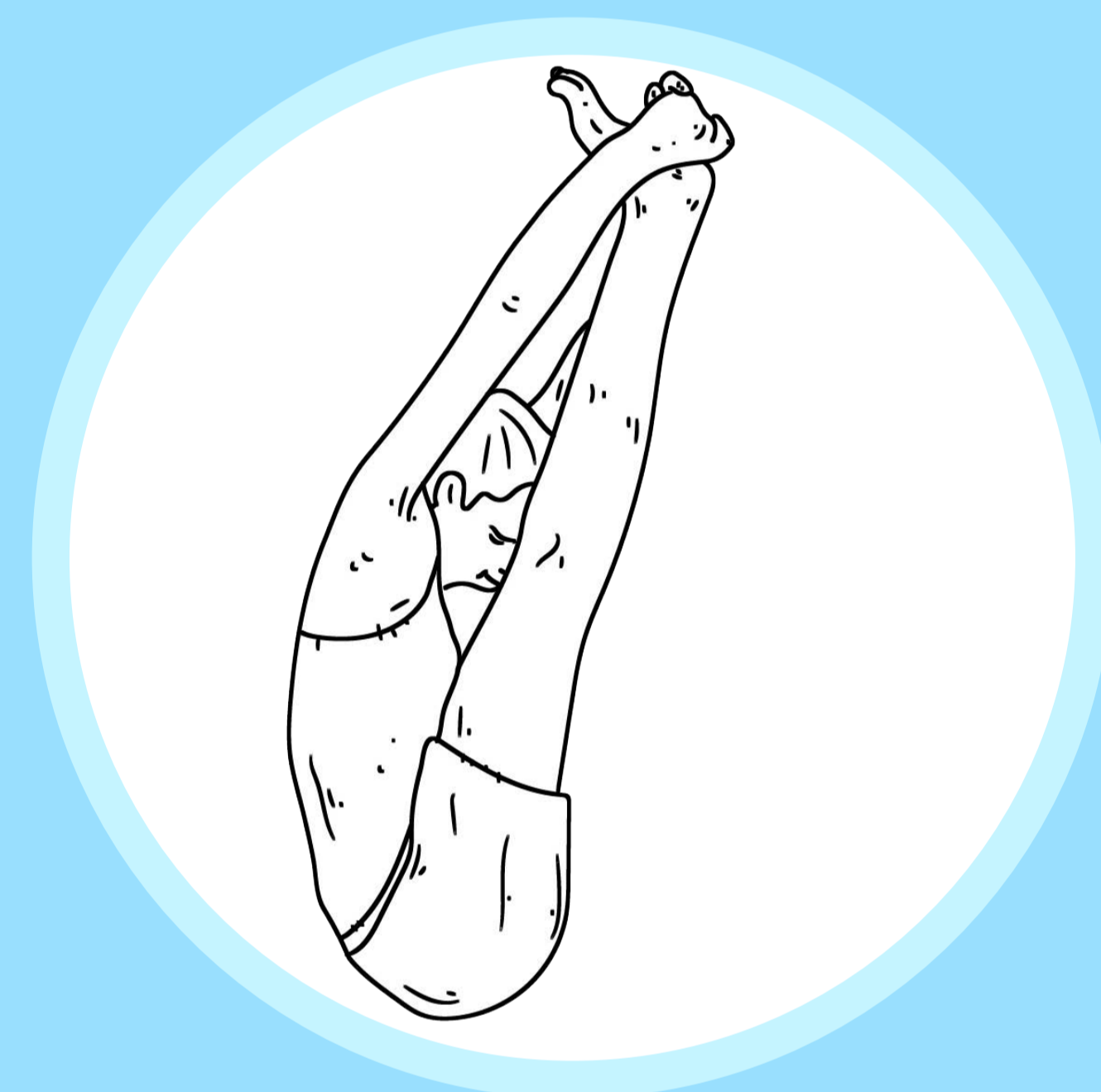
Pādānguṣṭhāsana
(hand to big toe)@



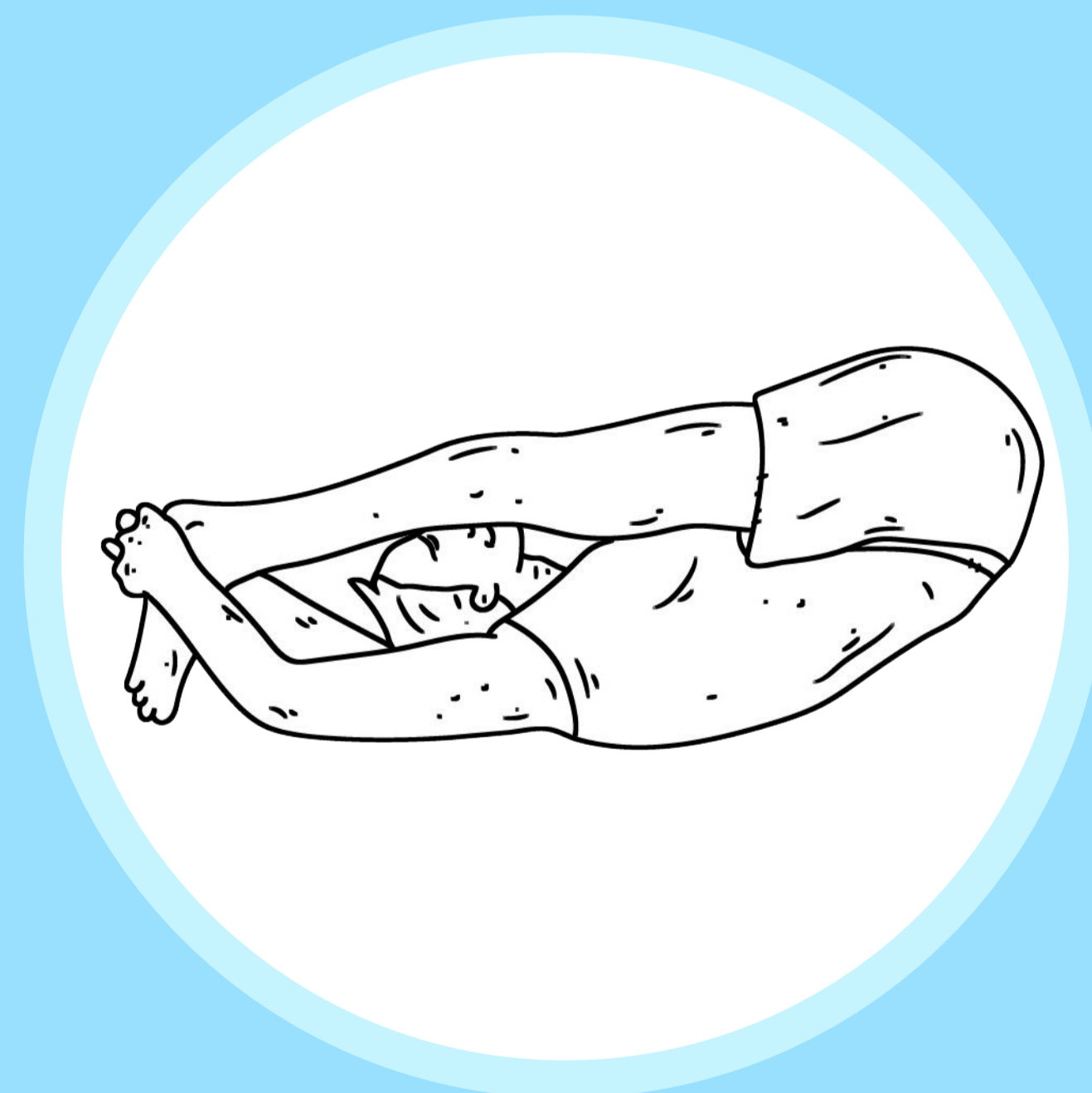
Pāda Hastāsana
(hand under foot)@



Ubhaya Pādānguṣṭhāsana
(upward staff)@



Ūrdhvamukha Paschimottānāsana
I (upward staff)@



Ūrdhvamukha Paschimottānāsana
II (inverted staff)@



Krounchāsana
(heron)@

@ especially good for hernias.

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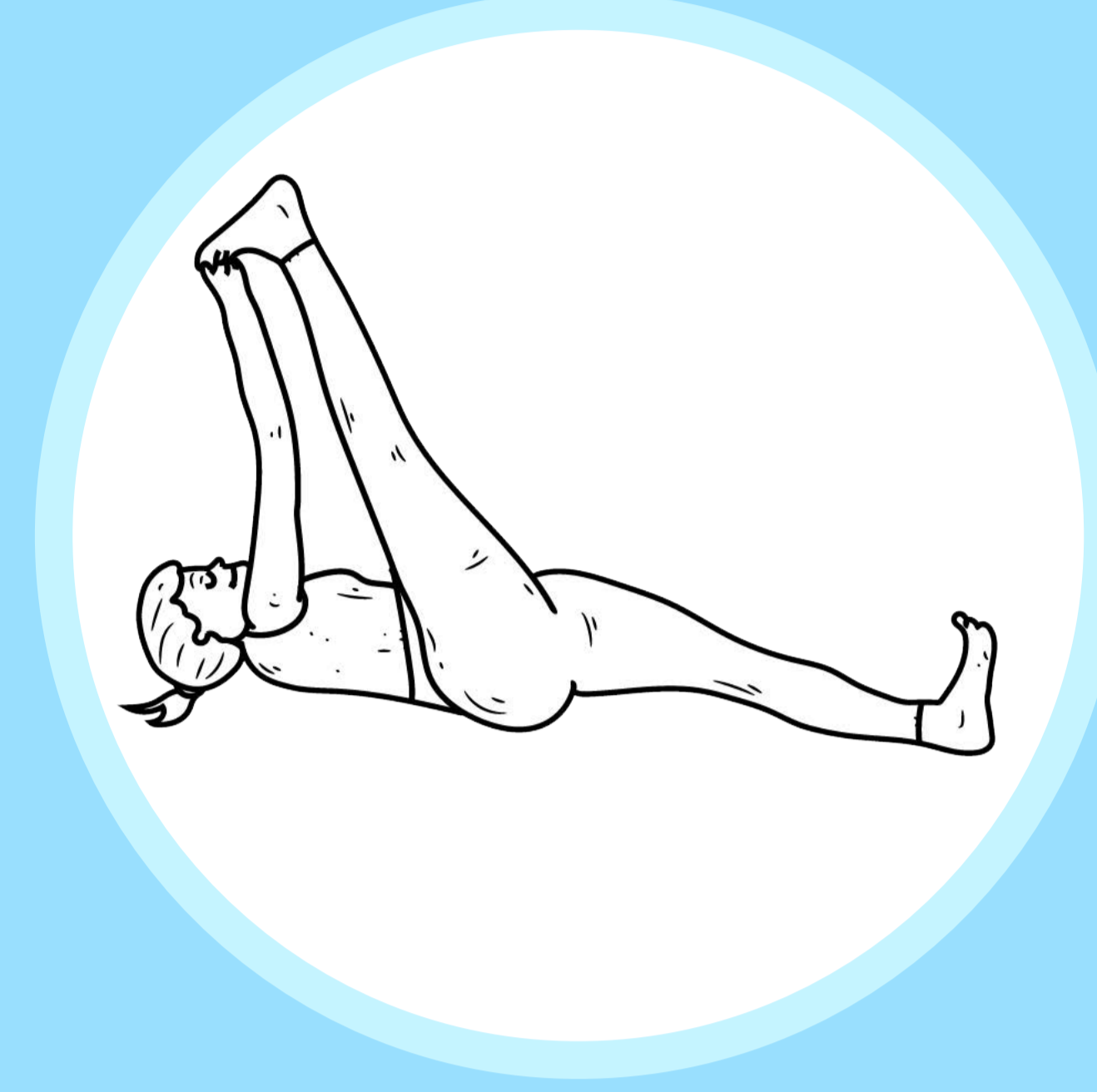
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Prostate Health and Hernias

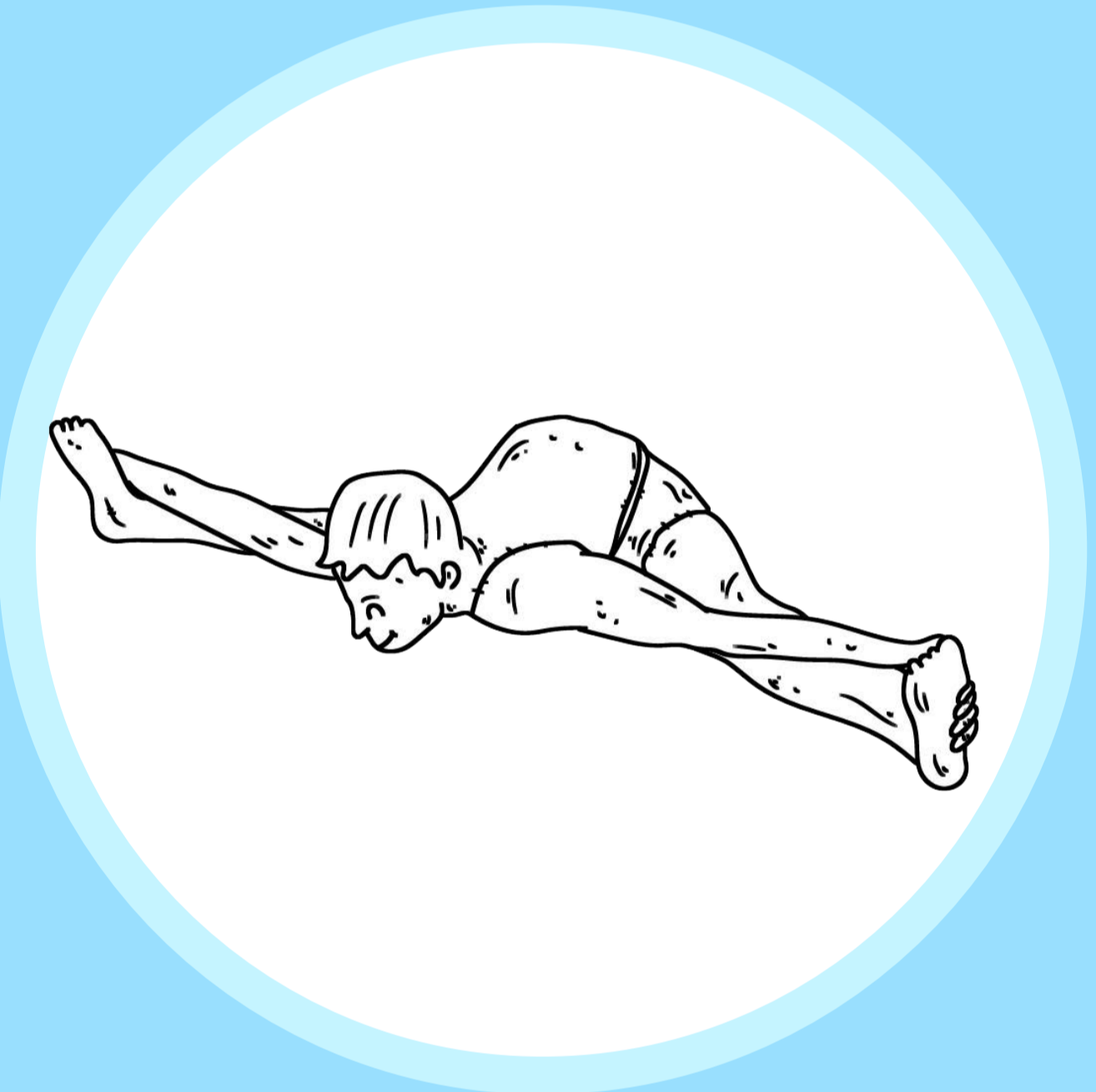
(p. 9 of 10)



Ākarṇa Dhanurāsana
(archer's pose)@



Supta Pādānguṣṭhāsana
(reclined big toe)@



Upaviṣṭha Koṇāsana
(seated angle)@



Paschimottānāsana
(staff)@



Yogadaṇḍāsana
(yoga staff pose)@



Viparita Karani
(legs-up-the-wall)@

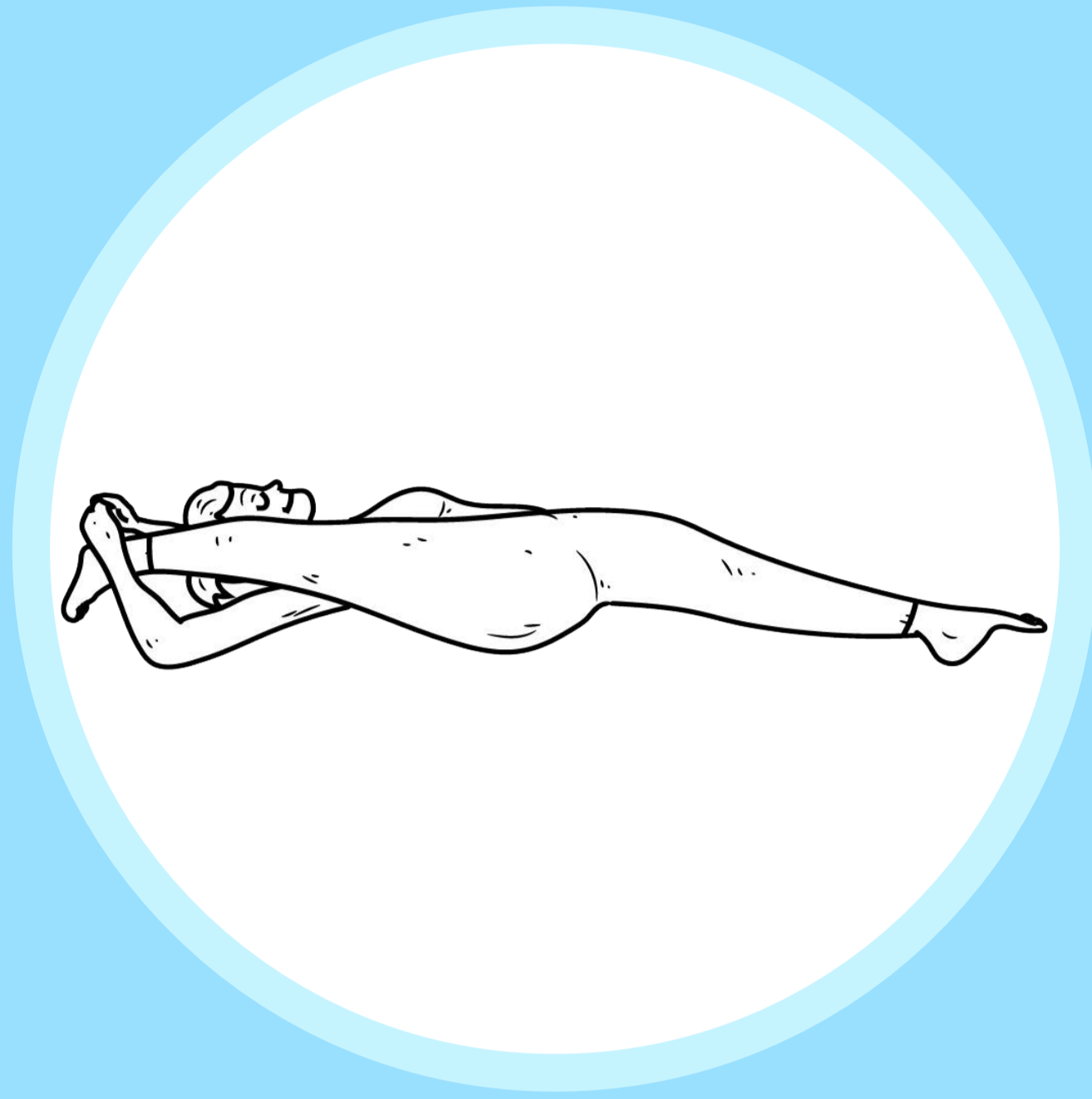
@ especially good for hernias.

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

Prostate Health and Hernias

(p. 10 of 10)



Supta Trivikramāsana
(reclining three step)@

@ especially good for hernias.

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