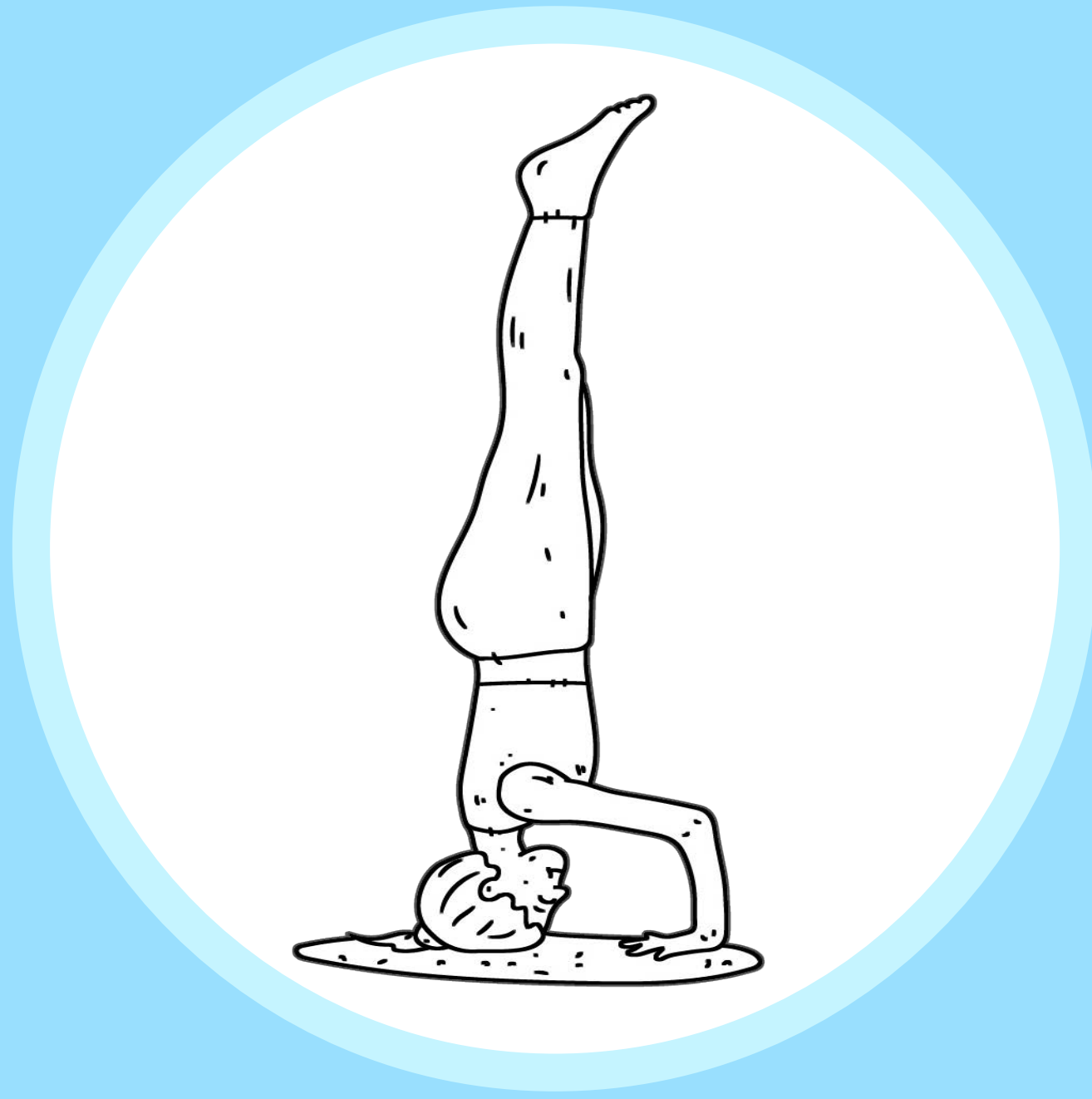
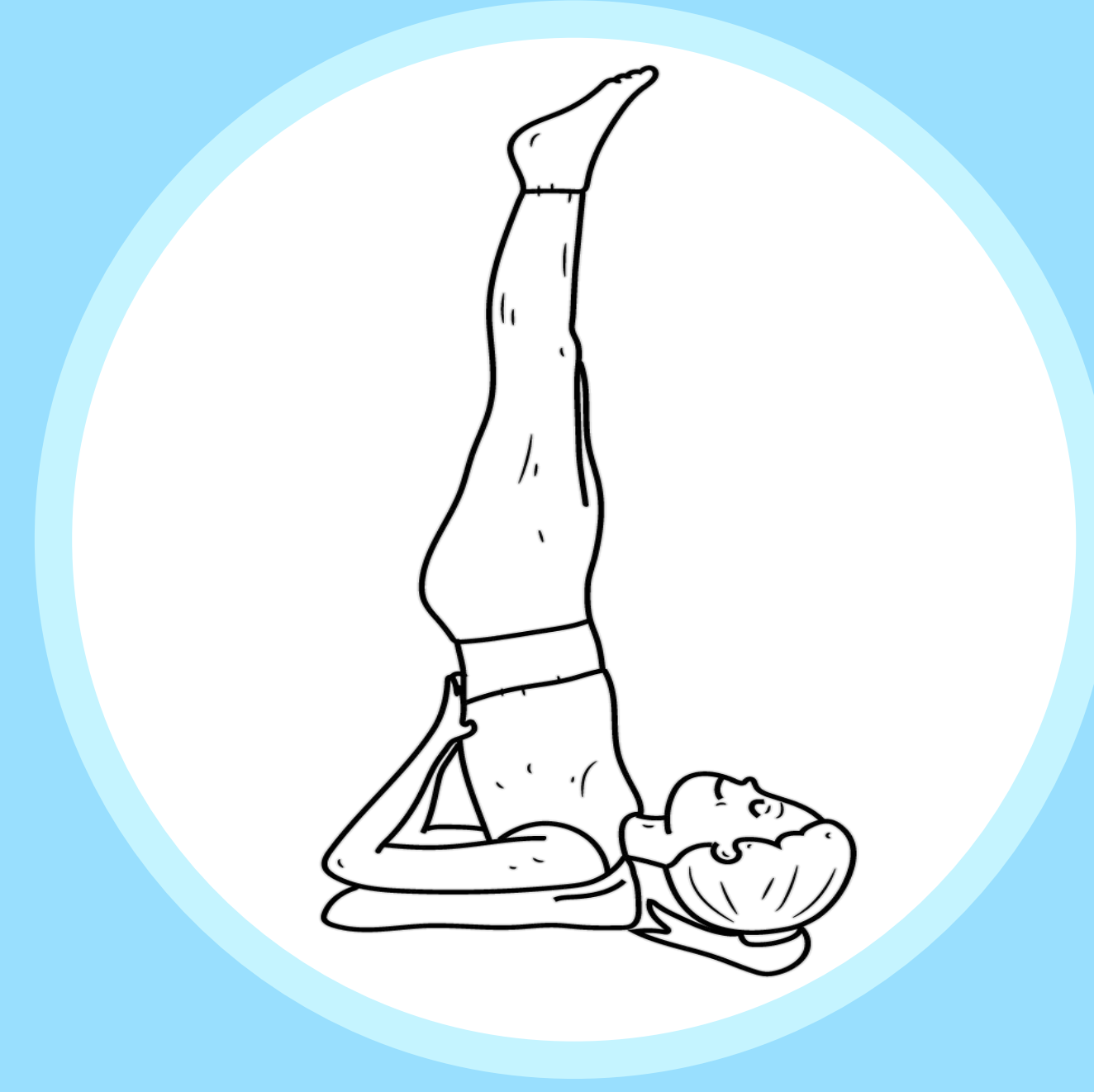


Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Anaemia (p. 1 of 1)



Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



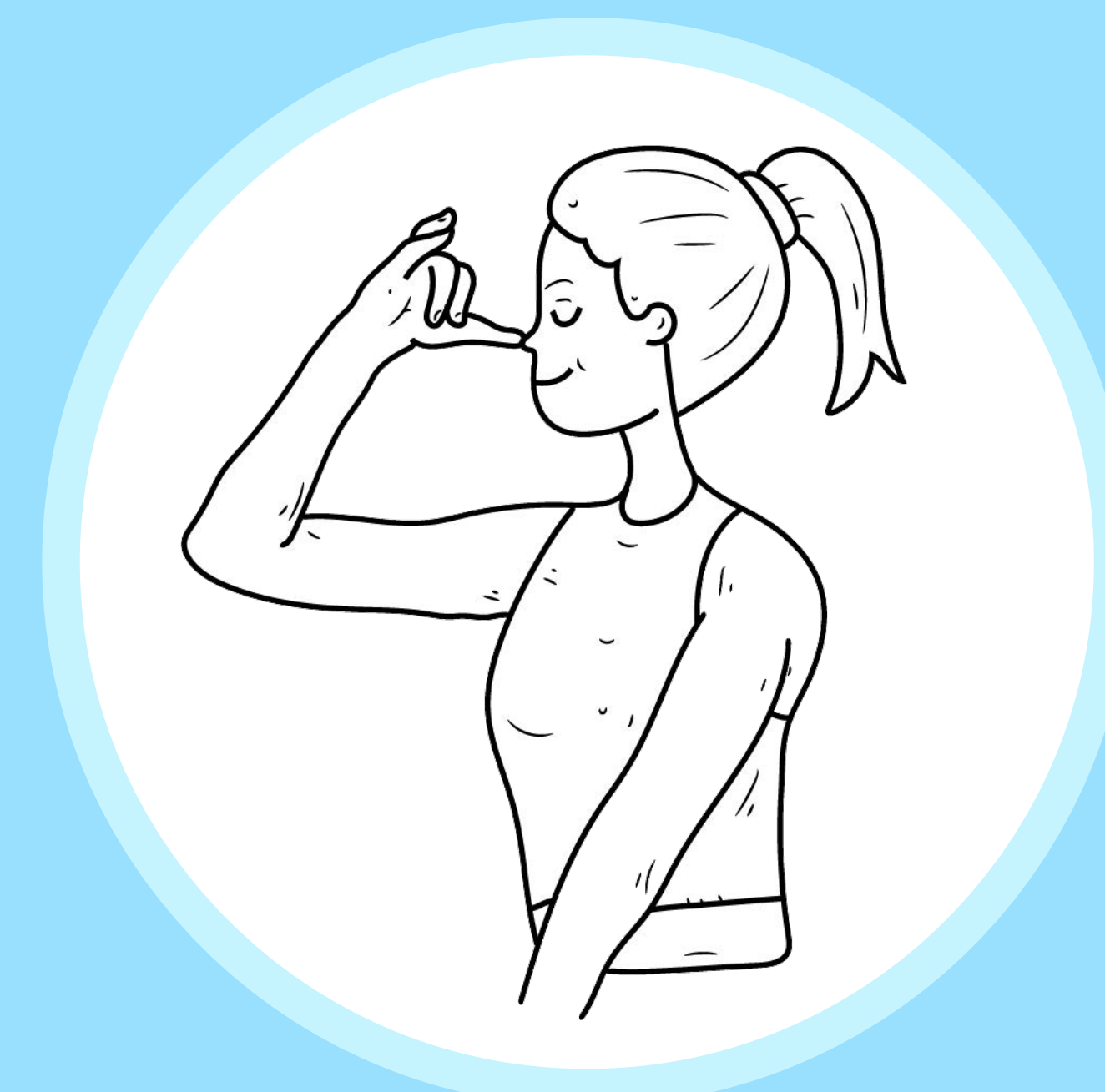
Paschimottānāsana
(staff)



Uttānāsana
(forward fold, halfway lift)



Ujjayi Pranayama



Nādī Śodhana without
Retention

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