

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

## Misaligned Arms (p. 1 of 3)



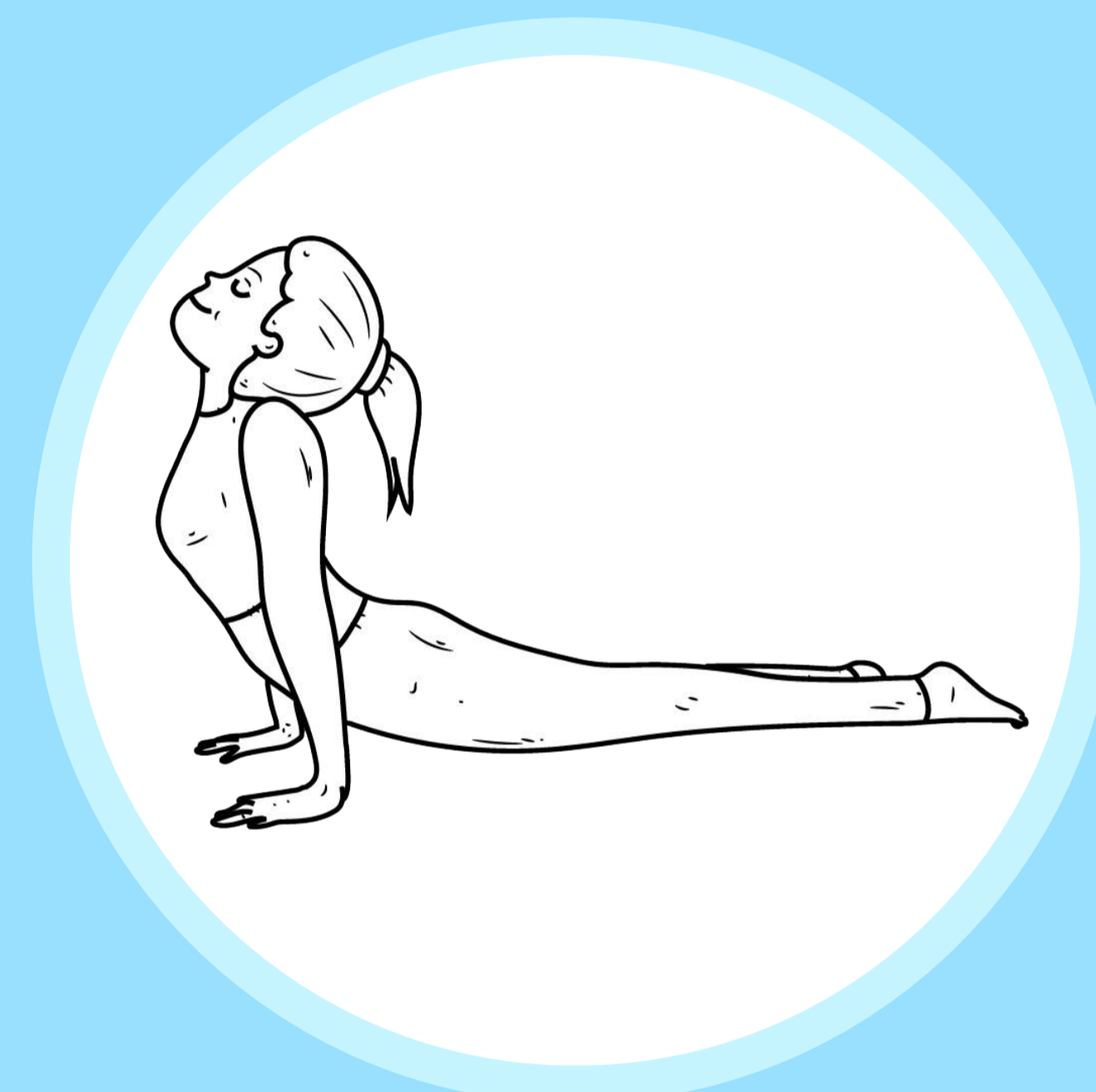
Any Standing Posture



Parvatāsana  
(mountain)



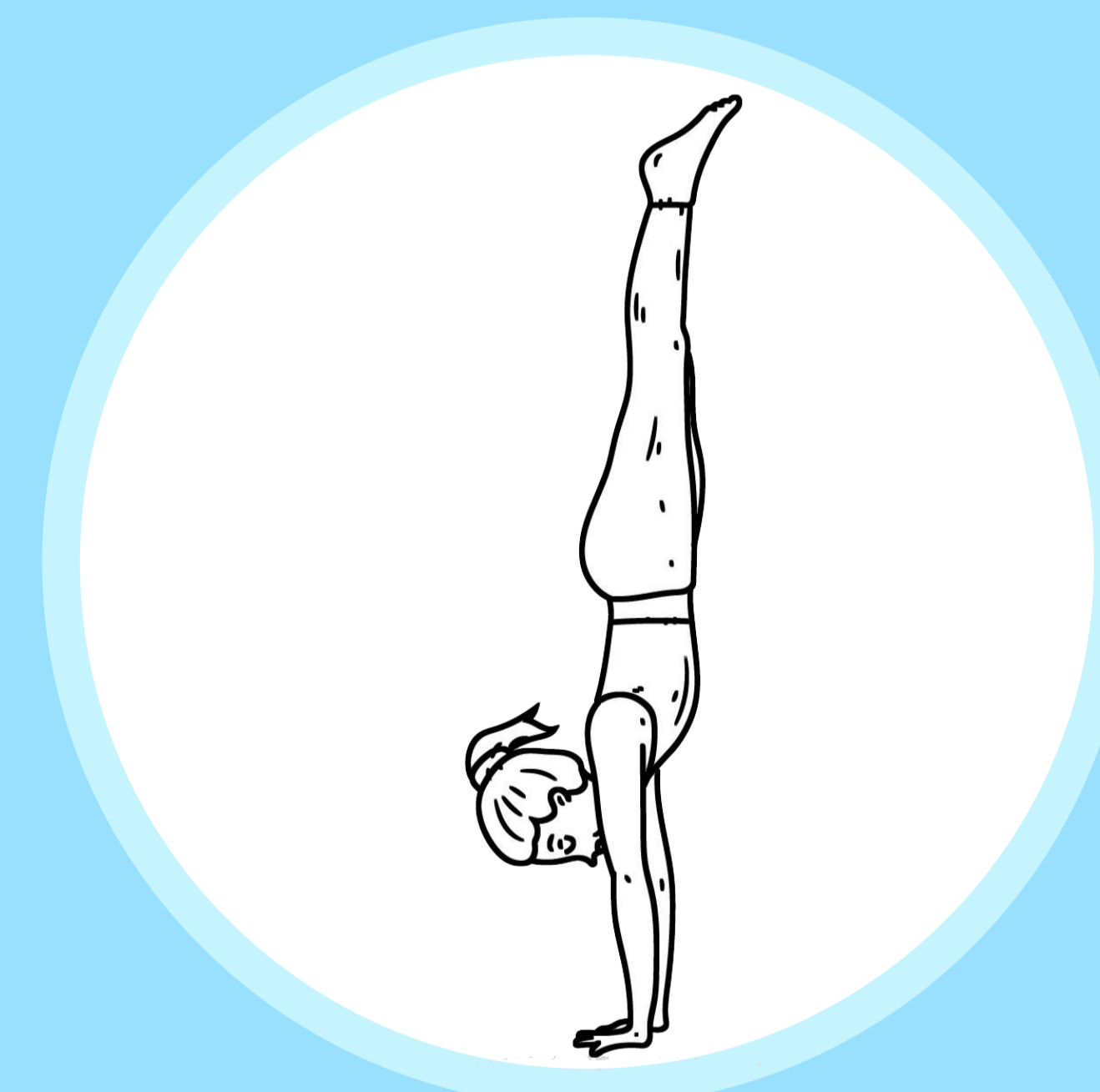
Halāsana  
(plow)



Ūrdhva Mukha Śvānāsana  
(upward dog)



Adhomukha Śvānāsana  
(downward dog)



Adhomukha Vṛkṣāsana  
(handstand)

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](http://Investinprana.com)

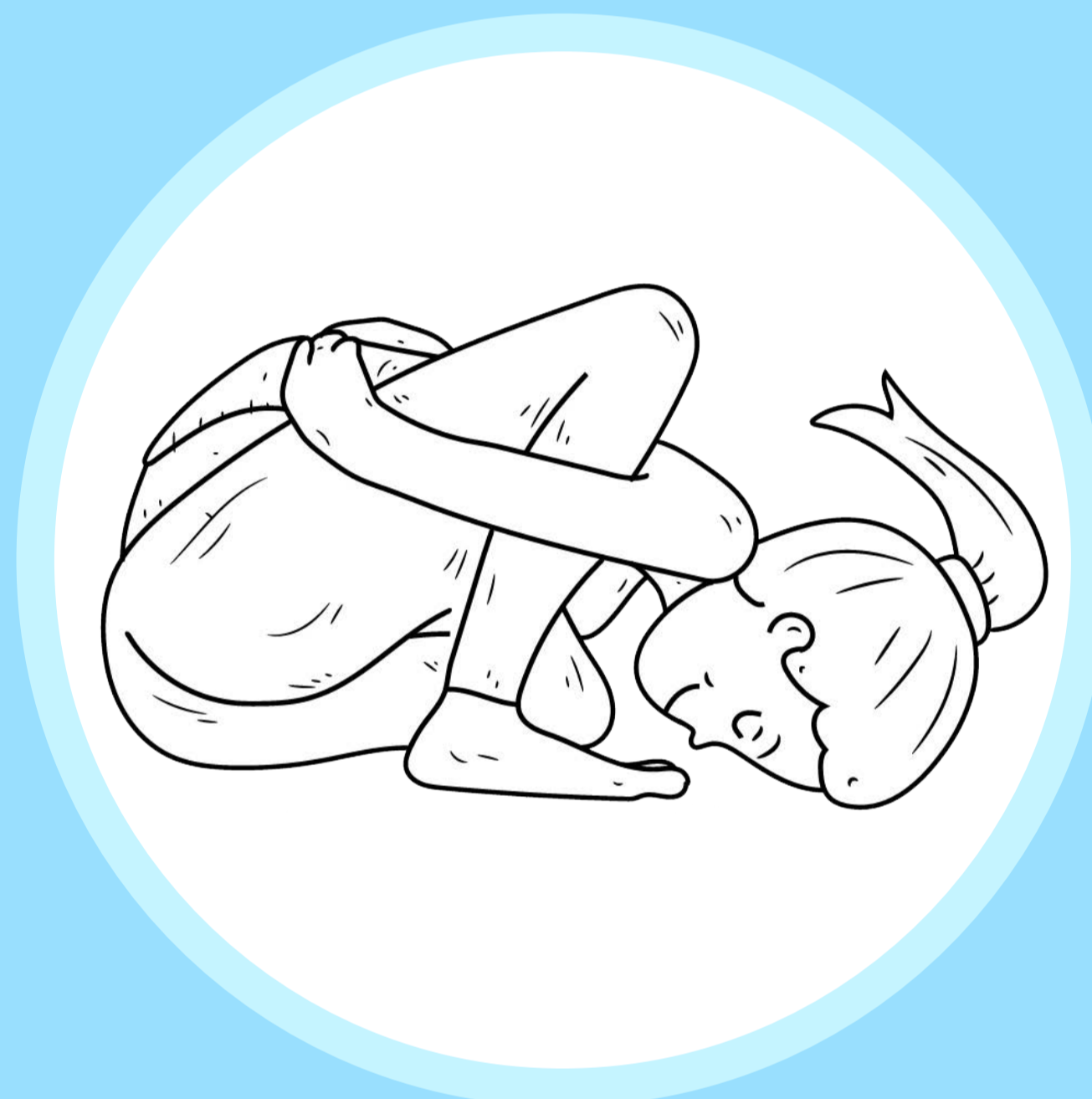
## Misaligned Arms (p. 2 of 3)



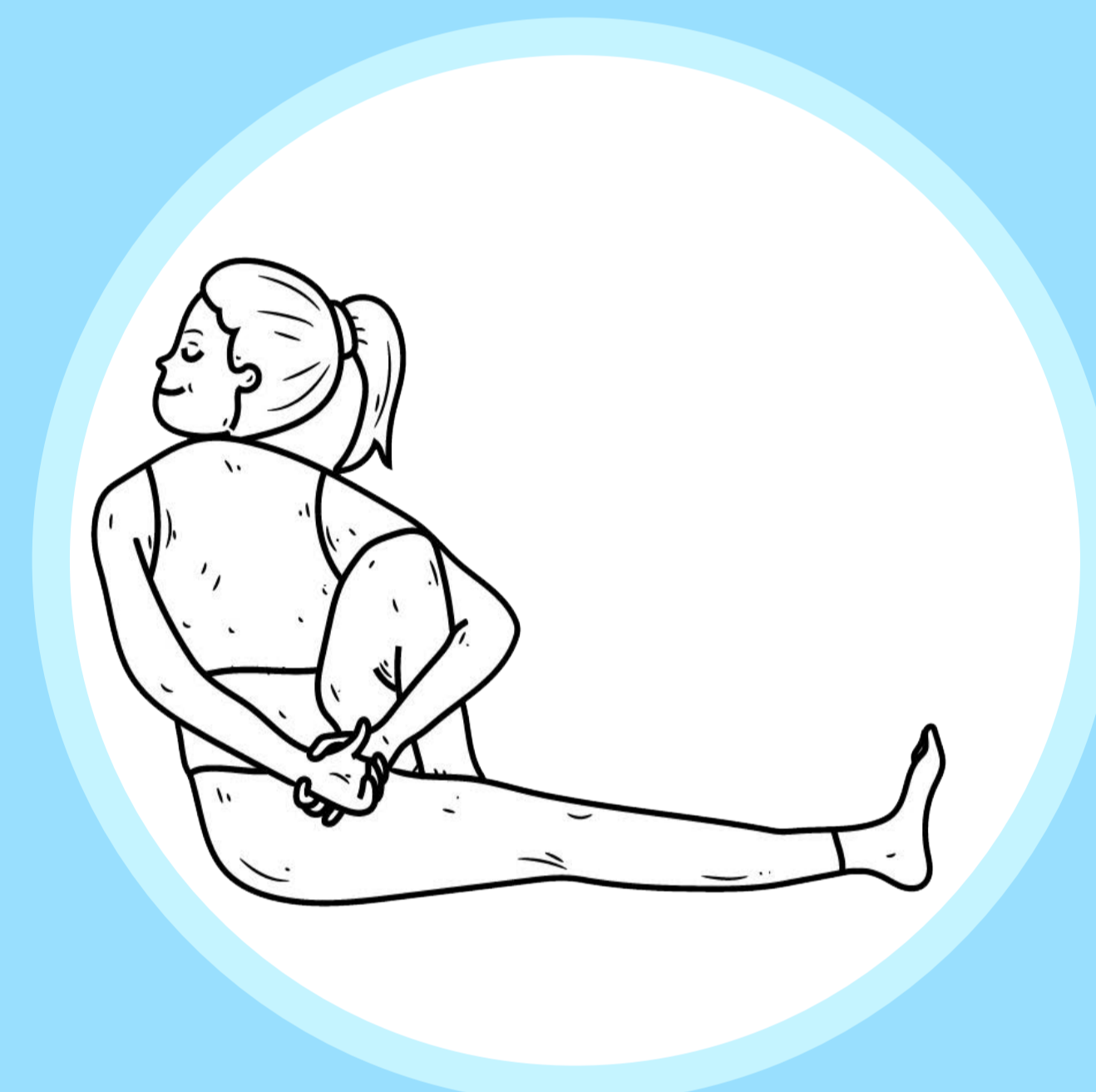
**Gomukhāsana**  
(cow face)



**Ardha Marīchyāsana I**  
(bound forward fold)



**Ardha Marīchyāsana II**  
(half lotus bound forward fold)



**Ardha Marīchyāsana III**  
(bound twist)



**Ardha Marīchyāsana IV**  
(half lotus bound twist)



**Baddha Padmāsana**  
(bound lotus)

## Misaligned Arms (p. 3 of 3)



Mālāsana  
(garland) I



Pāśāsana  
(cord)



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