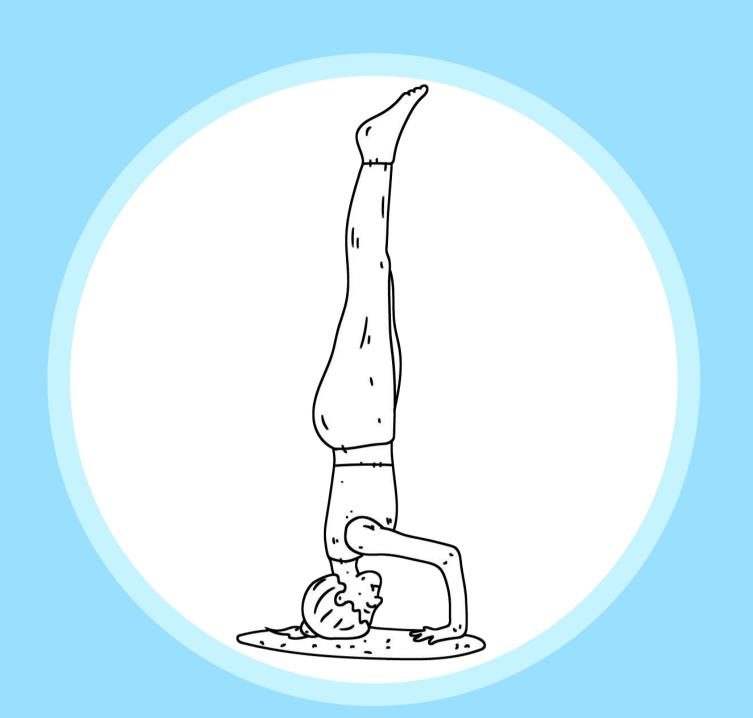
Tonsillitis (p. 1 of 4)



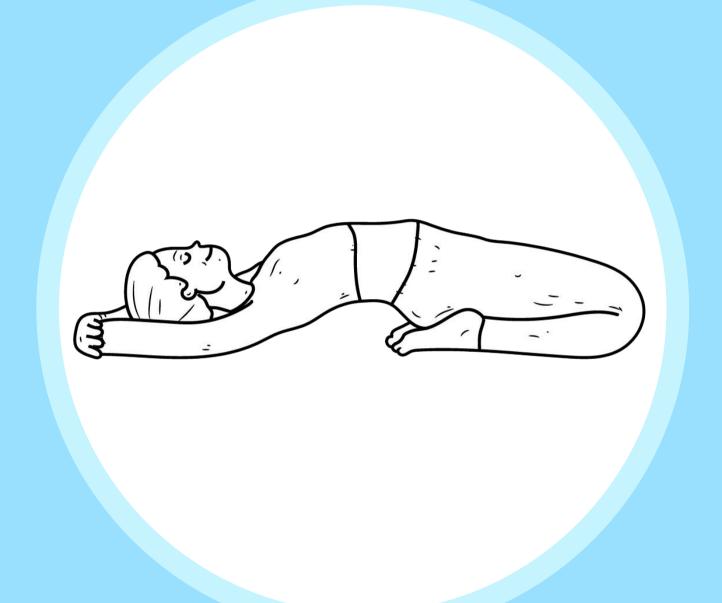
Sirsasana (head stand)



Sarvāngāsana (shoulder stand)



Vīrāsana (hero)



Paryankāsana (bed)



Padmāsana (lotus)



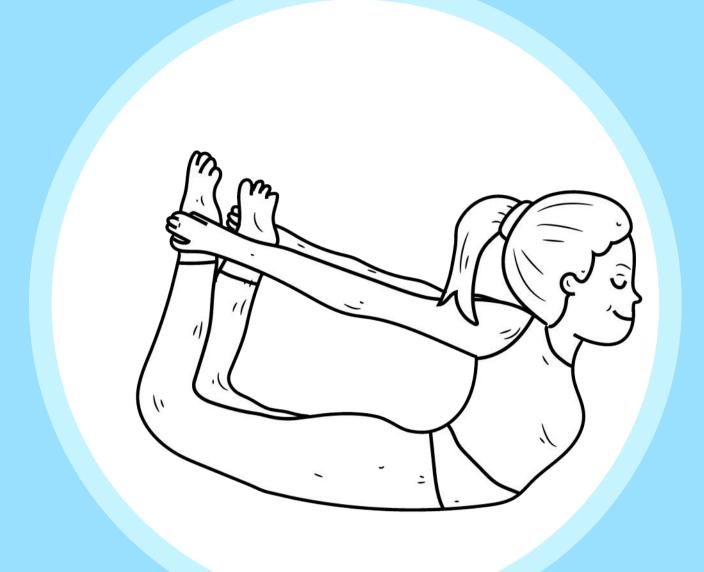
Any Standing Posture

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Tonsillitis (p. 2 of 4)



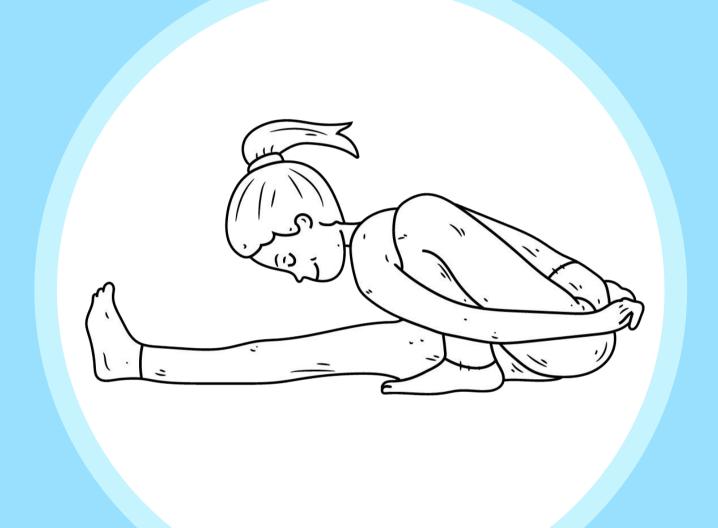
Ūṣṭrāsana (camel)



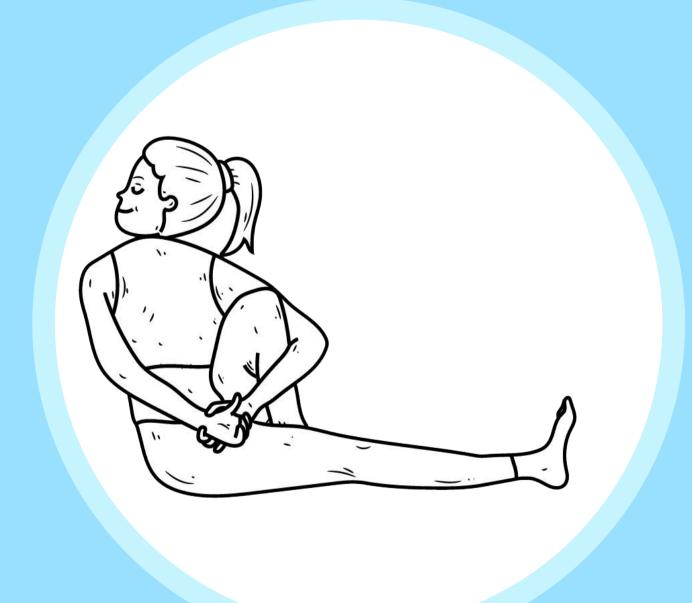
Dhanurāsana (bow)



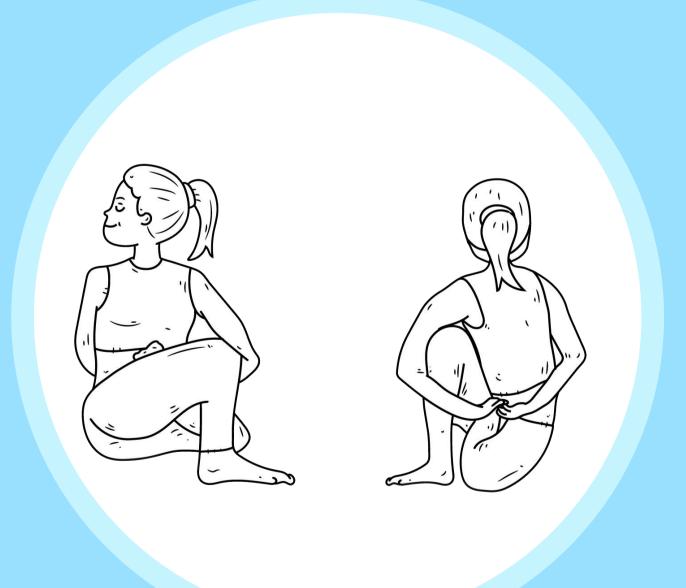
Ūrdhva Mukha Śvānāsana (upward dog)



Ardha Marīchyāsana I (bound forward fold)



Ardha Marīchyāsana III (bound twist)



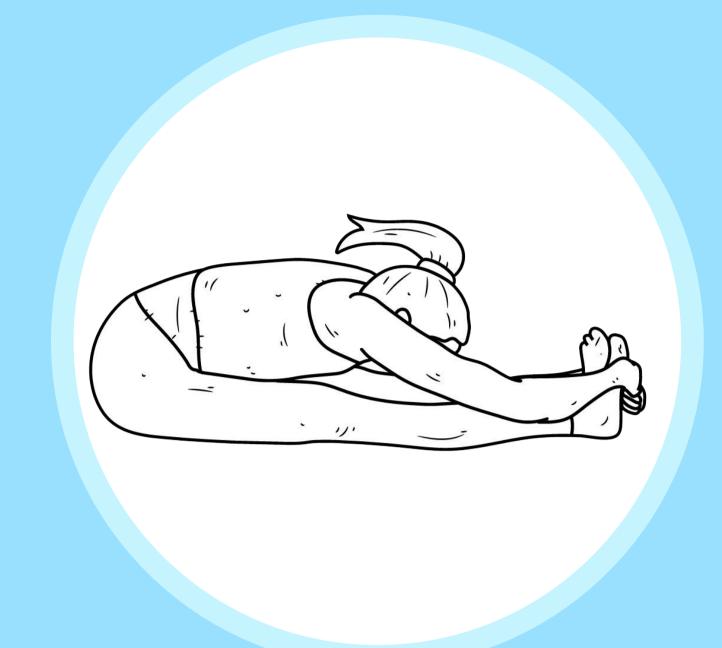
Ardha Marīchyāsana IV (half lotus bound twist)

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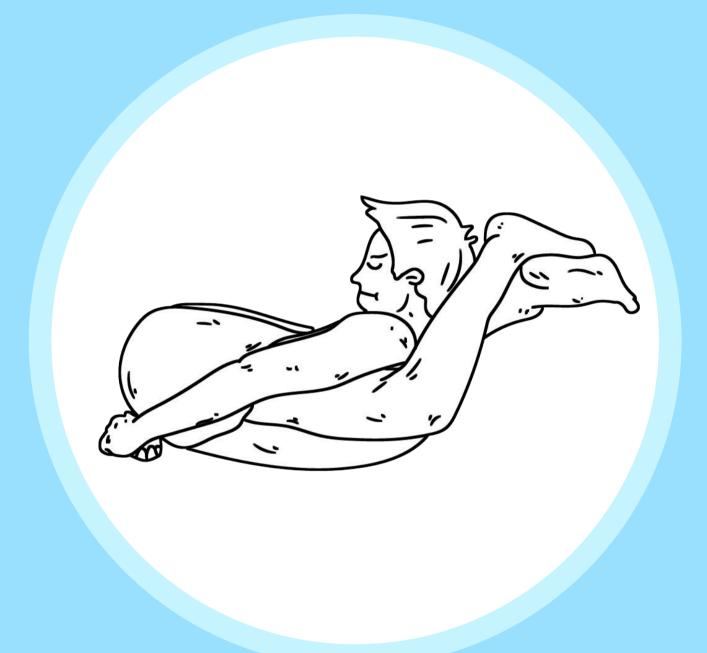
Tonsillitis (p. 3 of 4)



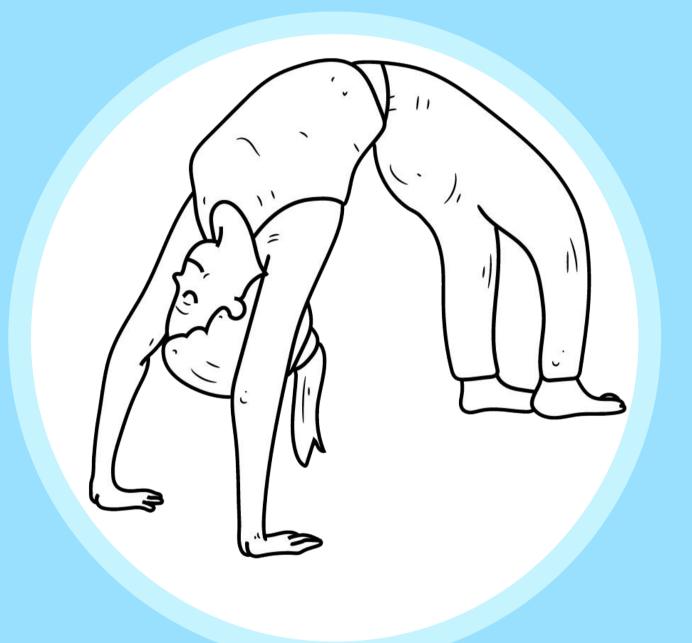
Pāśāsana (cord)



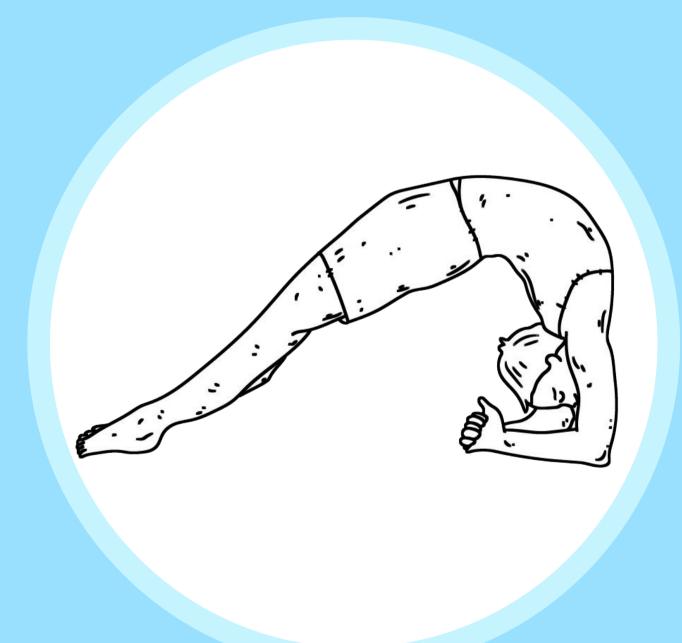
Paschimottānāsana (staff)



Yoganidrasna (state between sleep and wakefulness)



Chakrāsana (wheel)



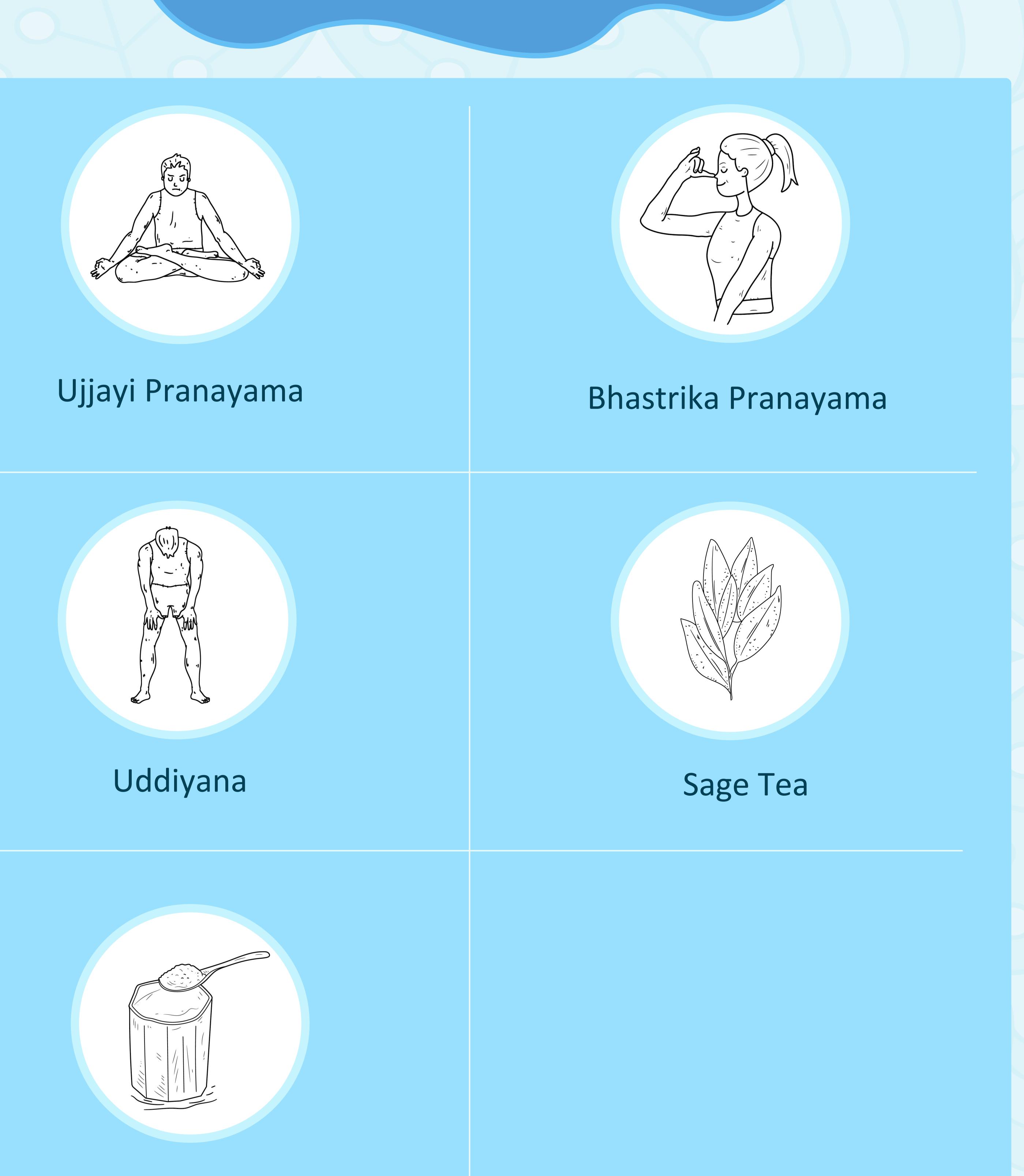
Dwipāda Viparīta Daņḍāsana (two-legged inverted staff)



Nādī Śodhana (alternate nostril breathing)

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Tonsillitis (p. 4 of 4)



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Gargle Salt Water