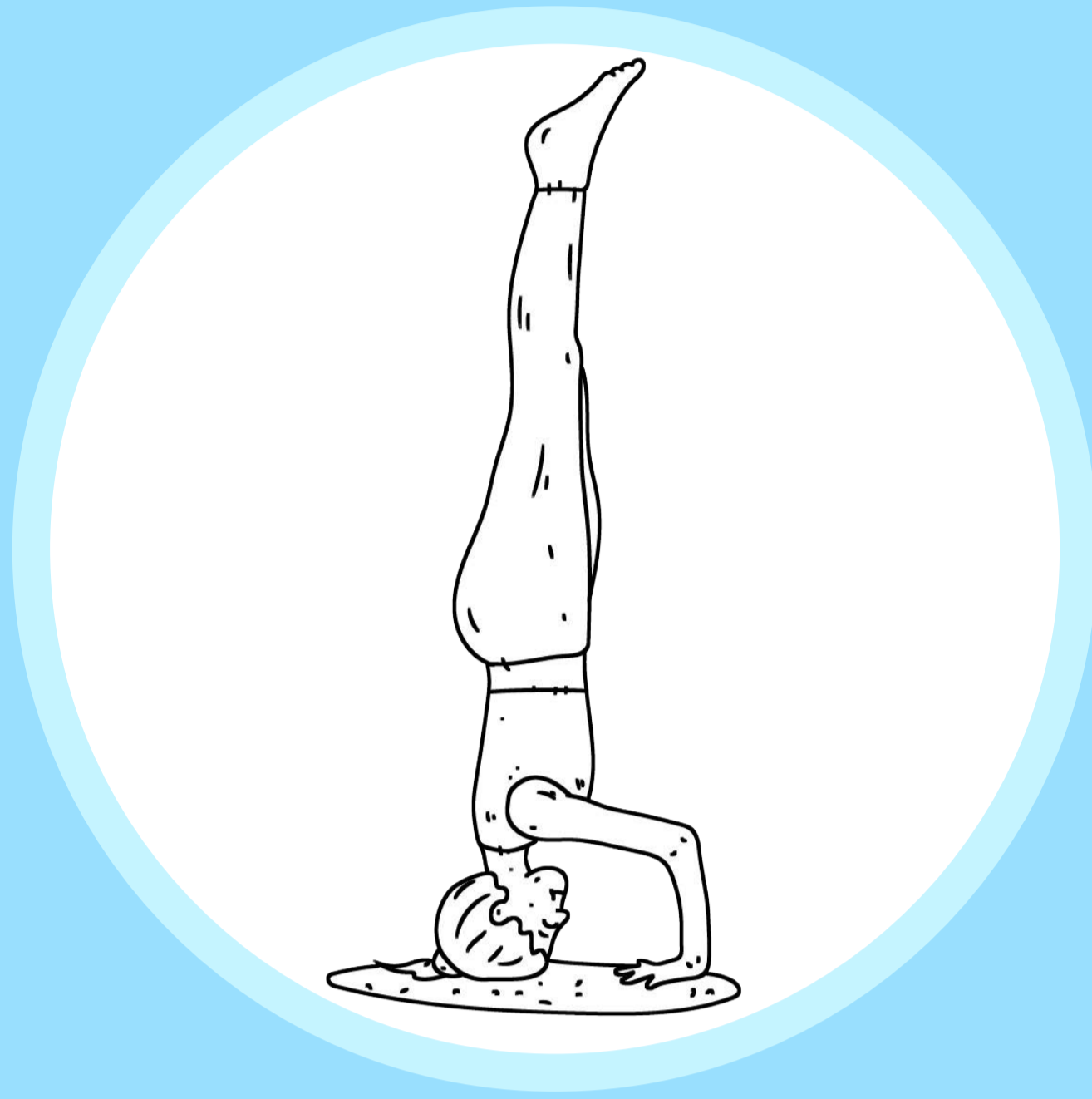
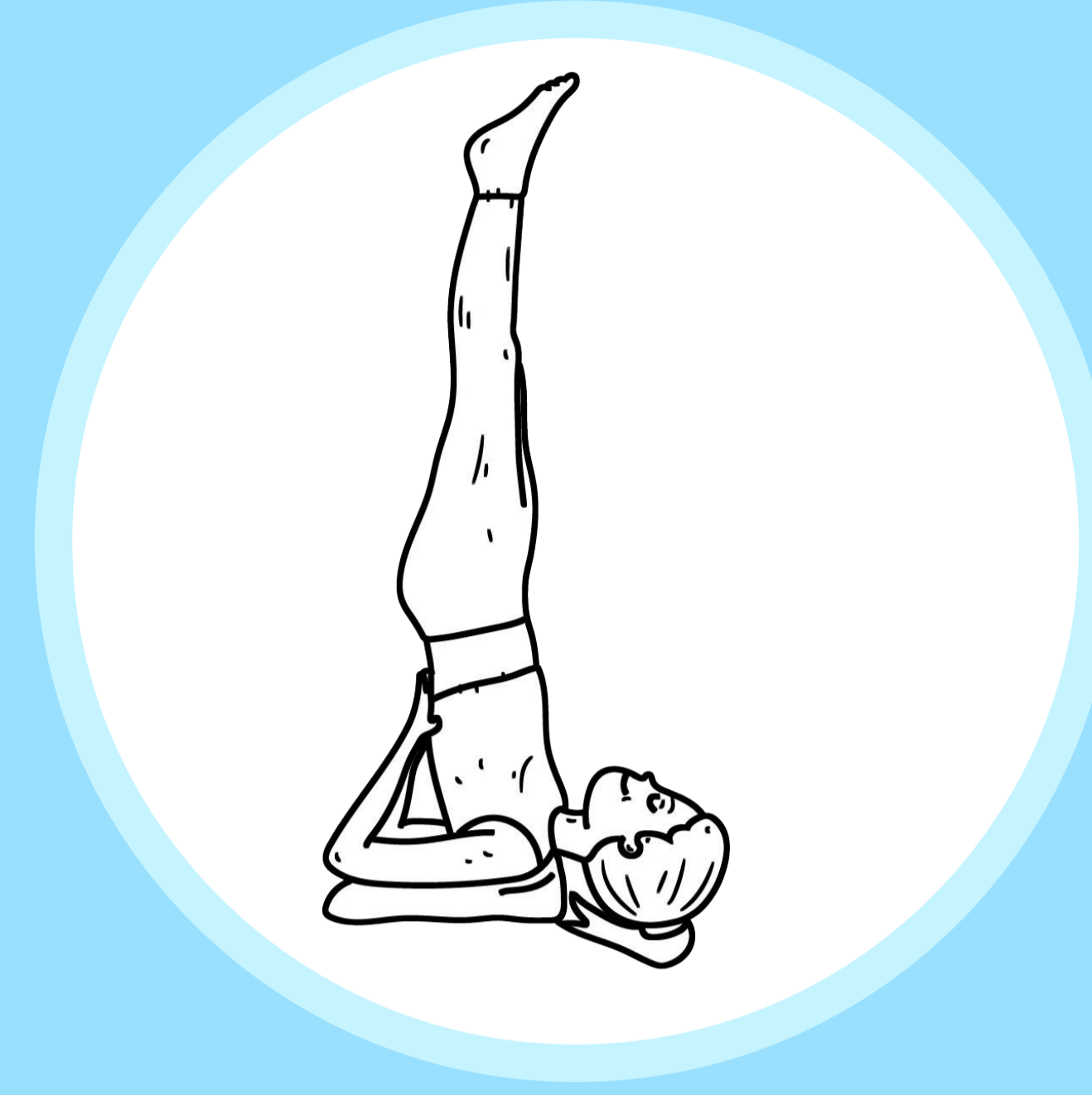


Tonsillitis (p. 1 of 4)



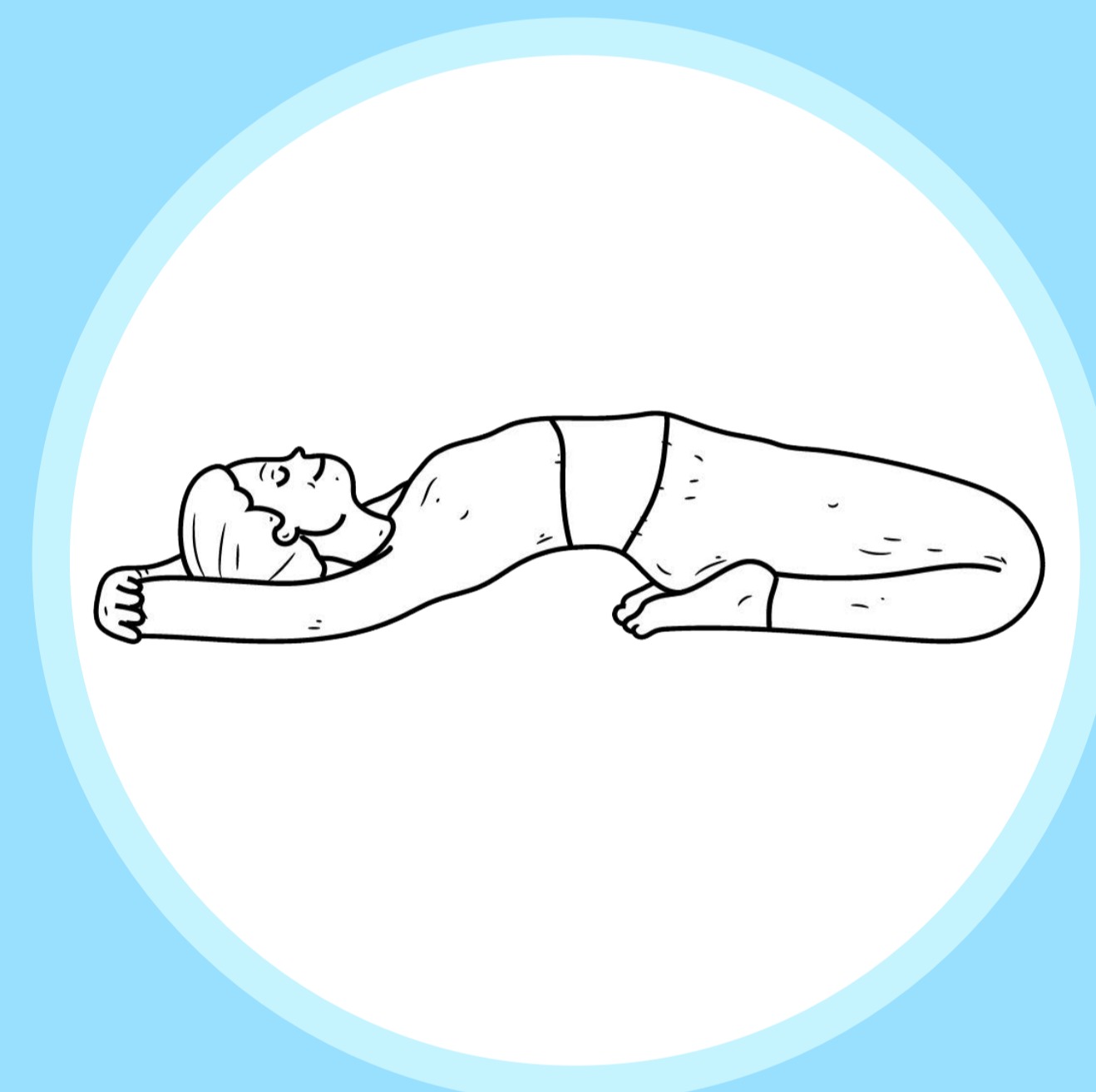
Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



Vīrāsana
(hero)



Paryankāsana
(bed)



Padmāsana
(lotus)

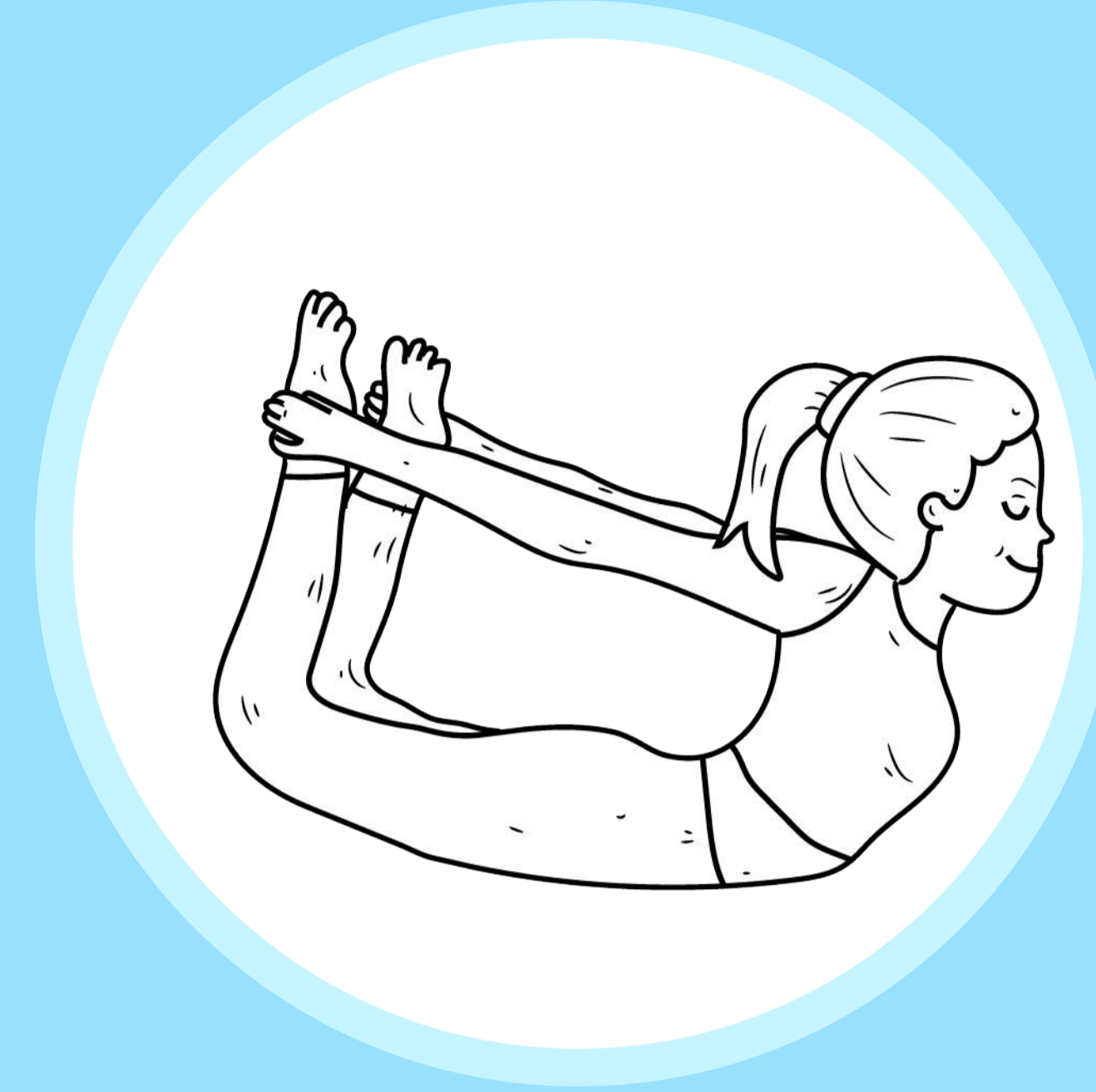


Any Standing Posture

Tonsillitis (p. 2 of 4)



Uṣṭrāsana
(camel)



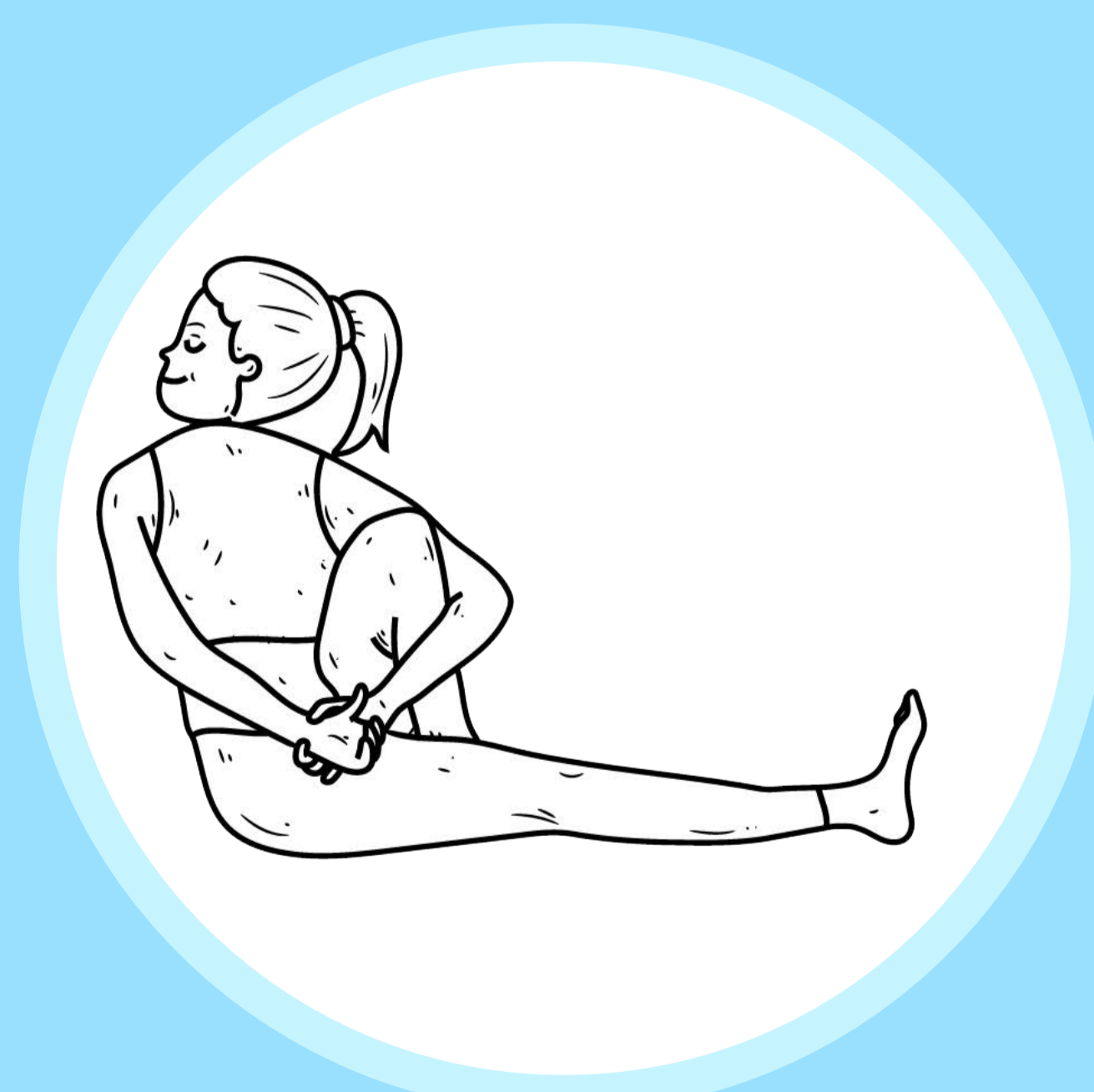
Dhanurāsana
(bow)



Ūrdhva Mukha Śvānāsana
(upward dog)



Ardha Marīchyāsana I
(bound forward fold)



Ardha Marīchyāsana III
(bound twist)



Ardha Marīchyāsana IV
(half lotus bound twist)

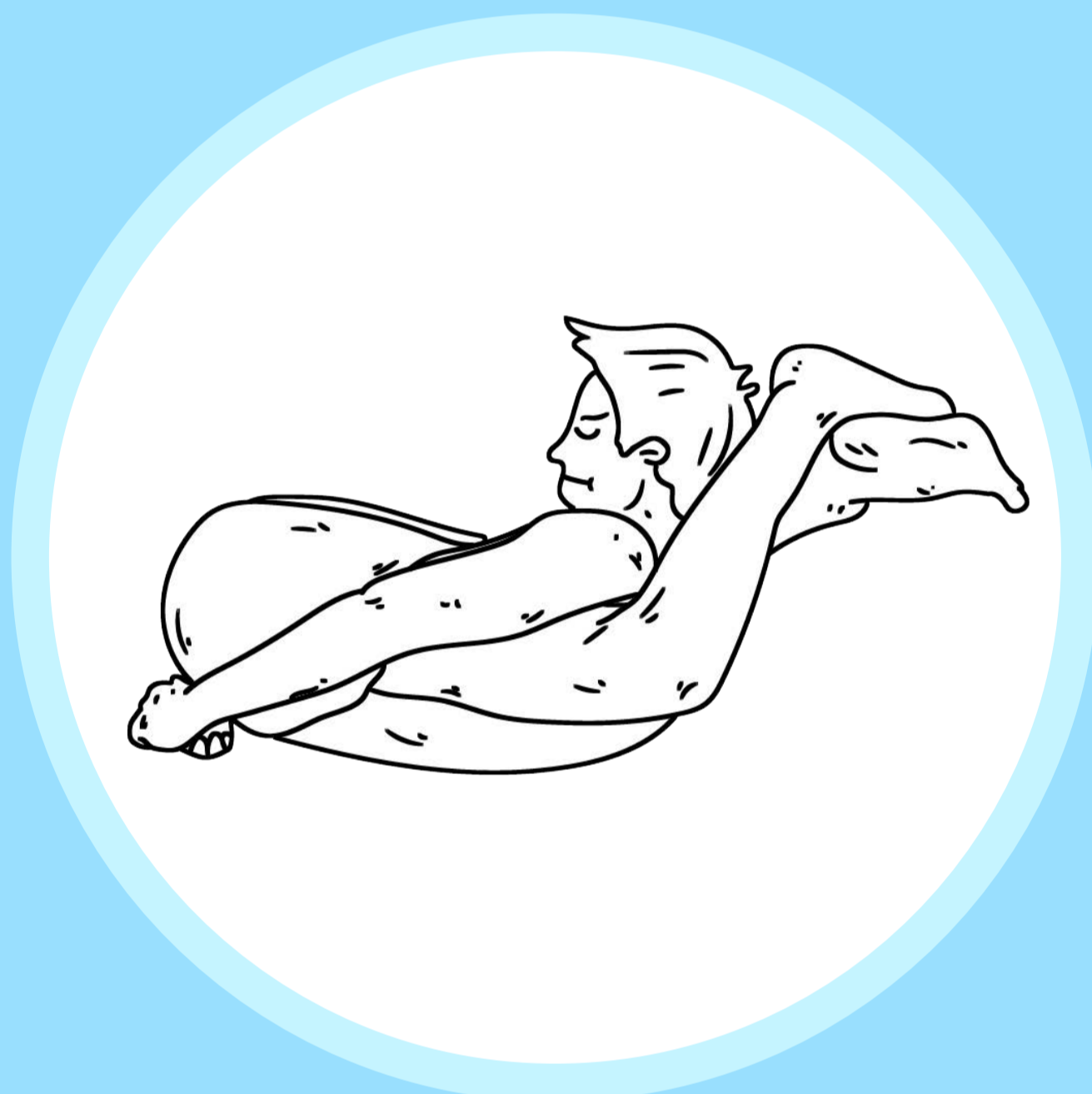
Tonsillitis (p. 3 of 4)



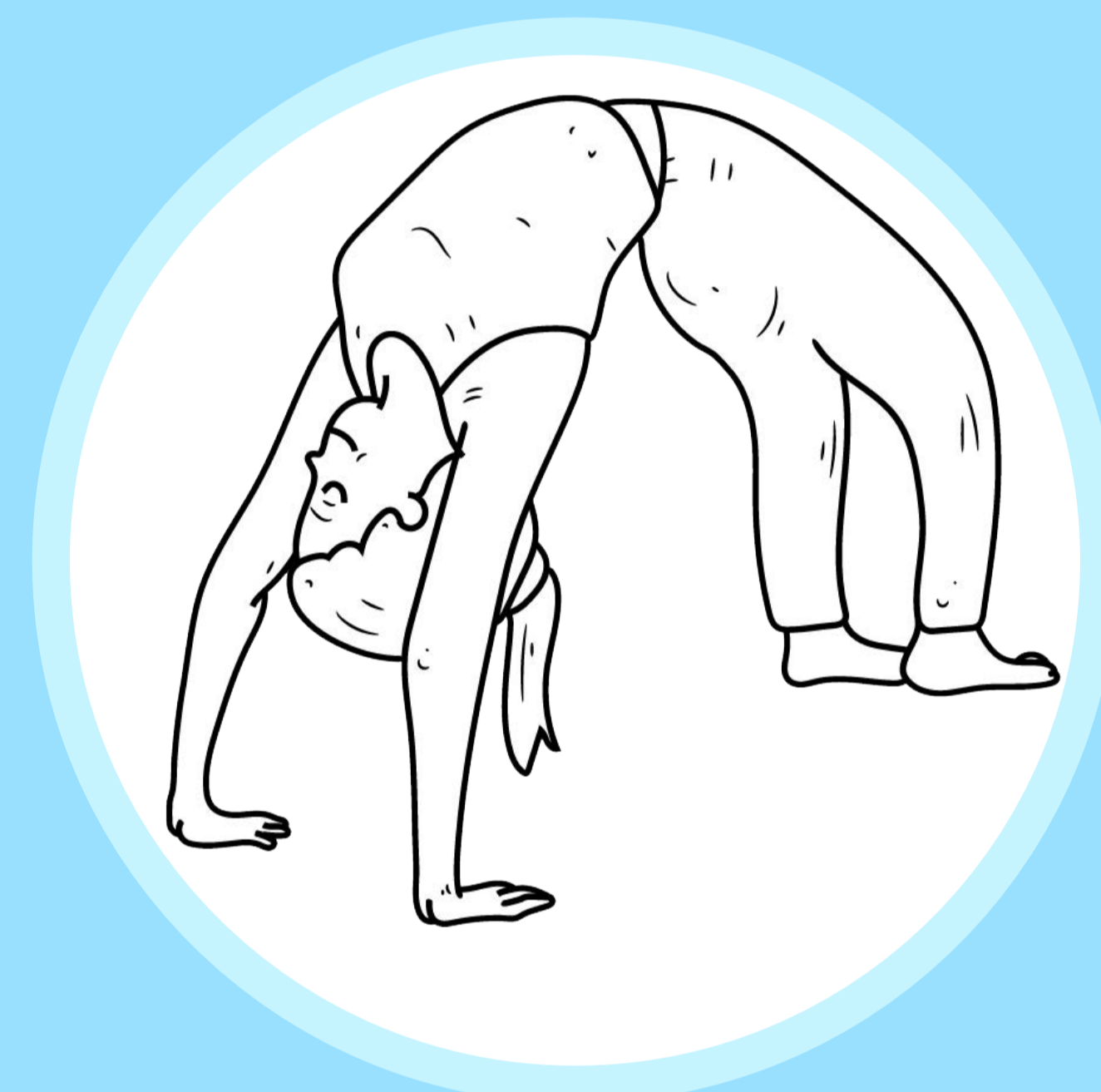
Pāsāsana
(cord)



Paschimottānāsana
(staff)



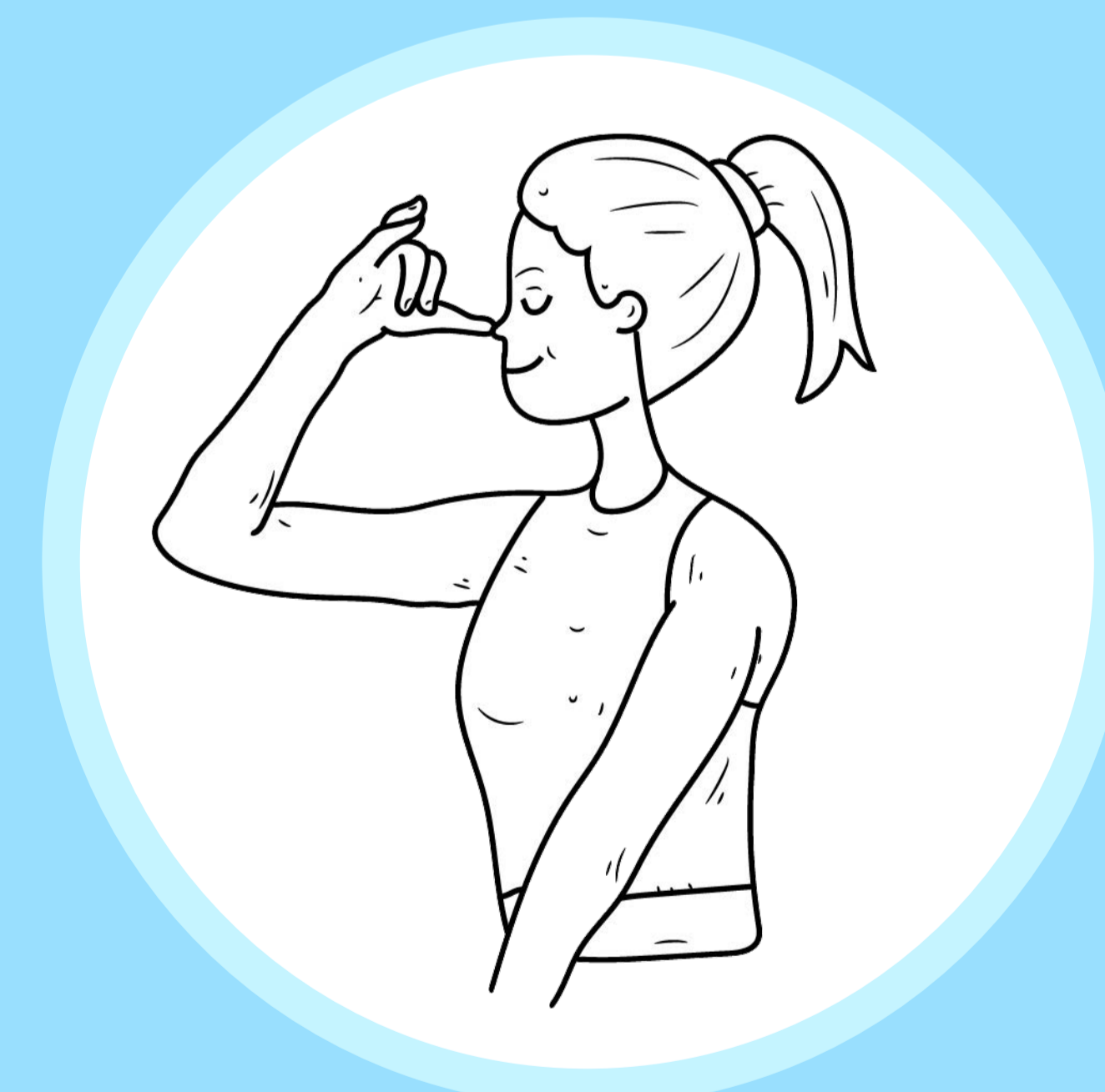
Yoganidrasna
(state between sleep and wakefulness)



Chakrāsana
(wheel)



Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)



Nādī Śodhana
(alternate nostril breathing)

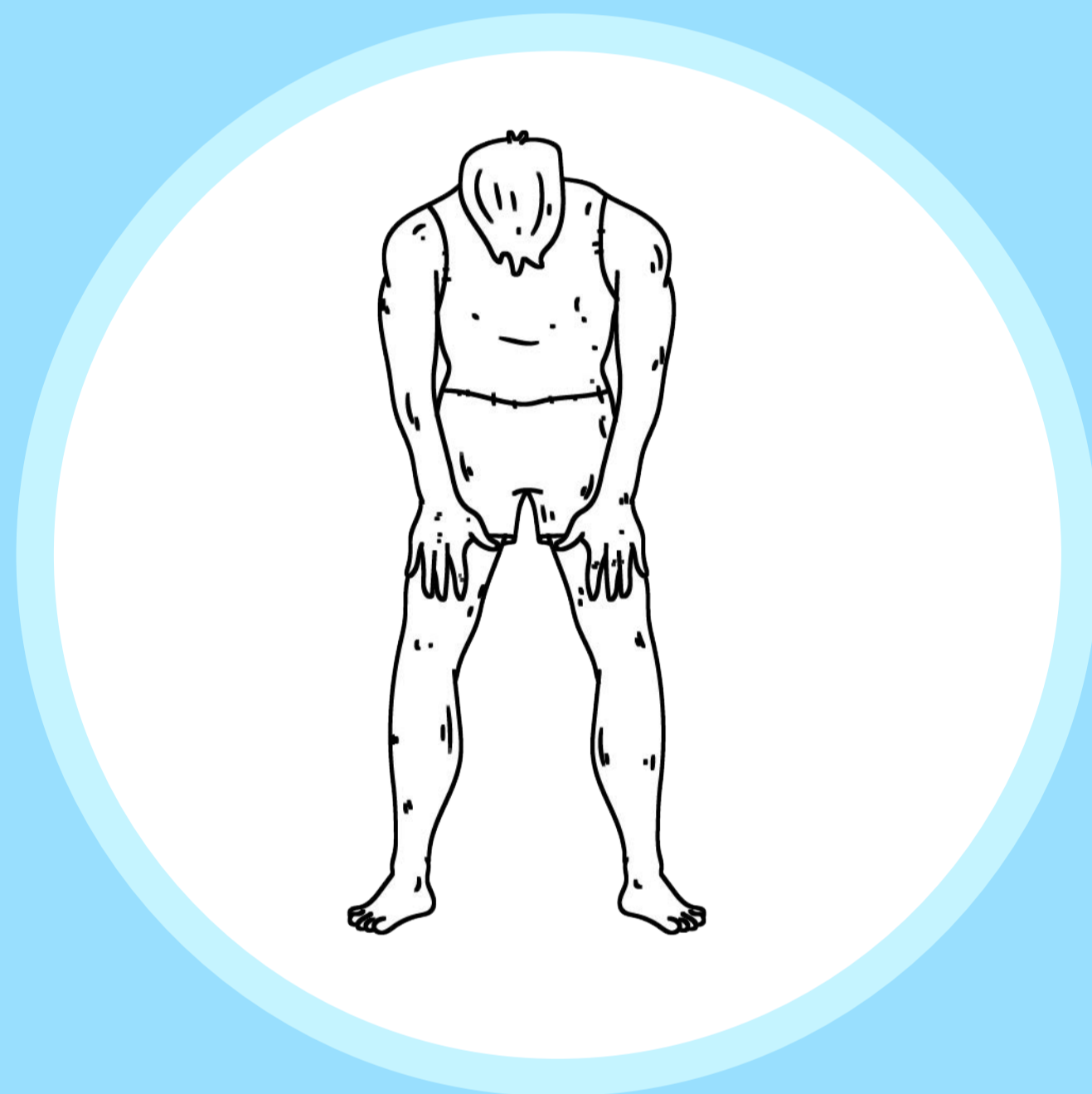
Tonsillitis (p. 4 of 4)



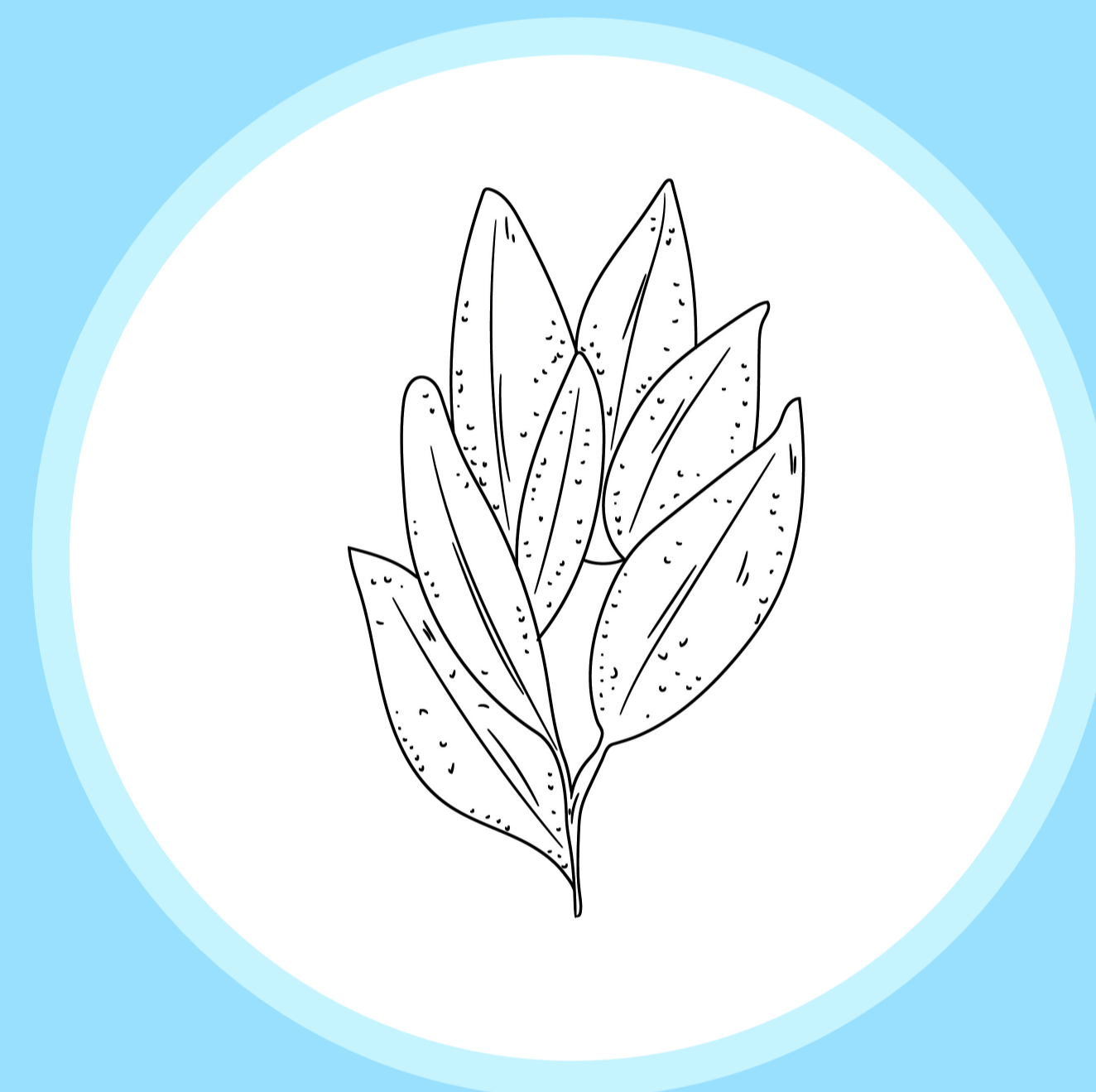
Ujjayi Pranayama



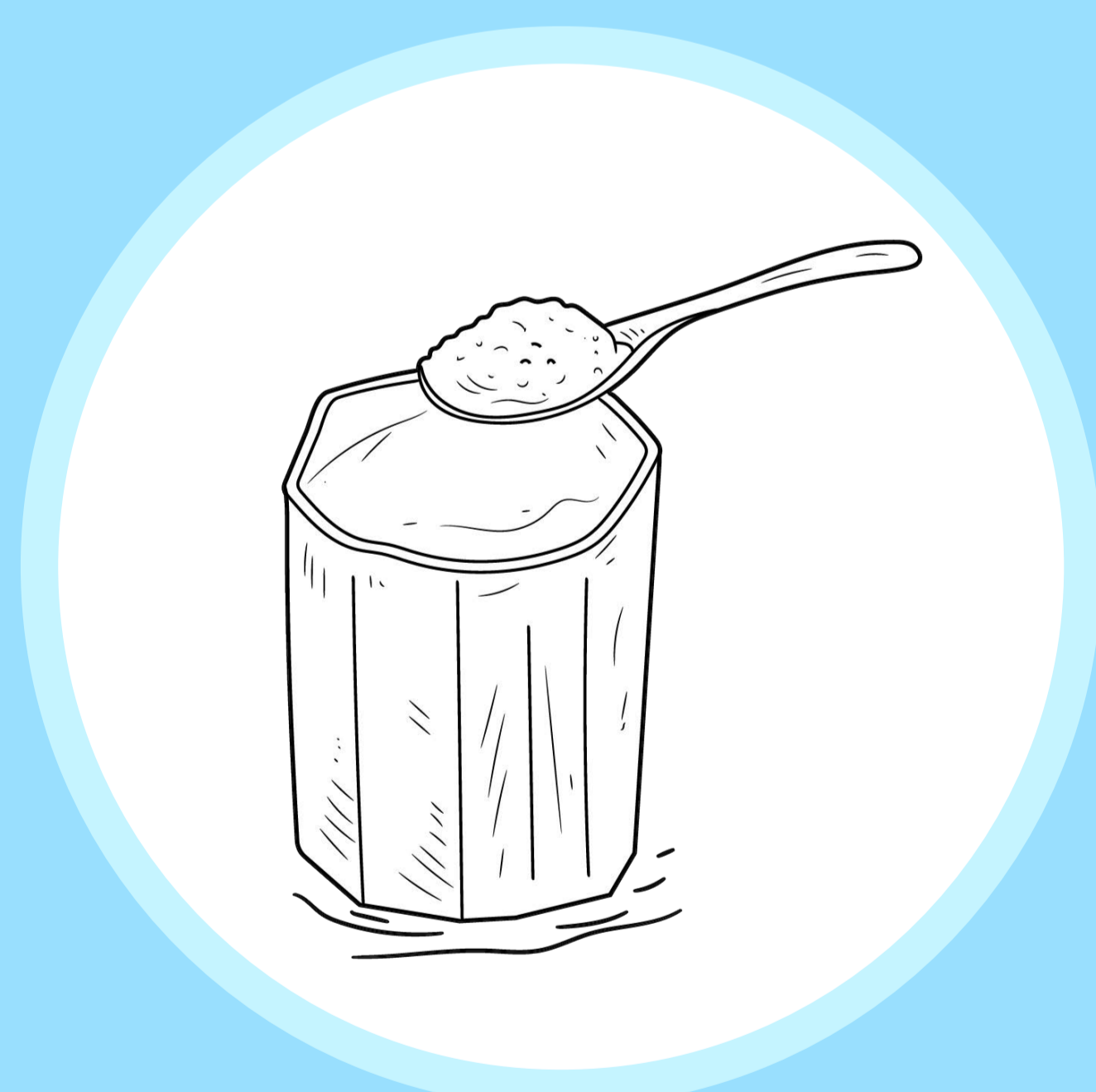
Bhastrika Pranayama



Uddiyana



Sage Tea



Gargle Salt Water