

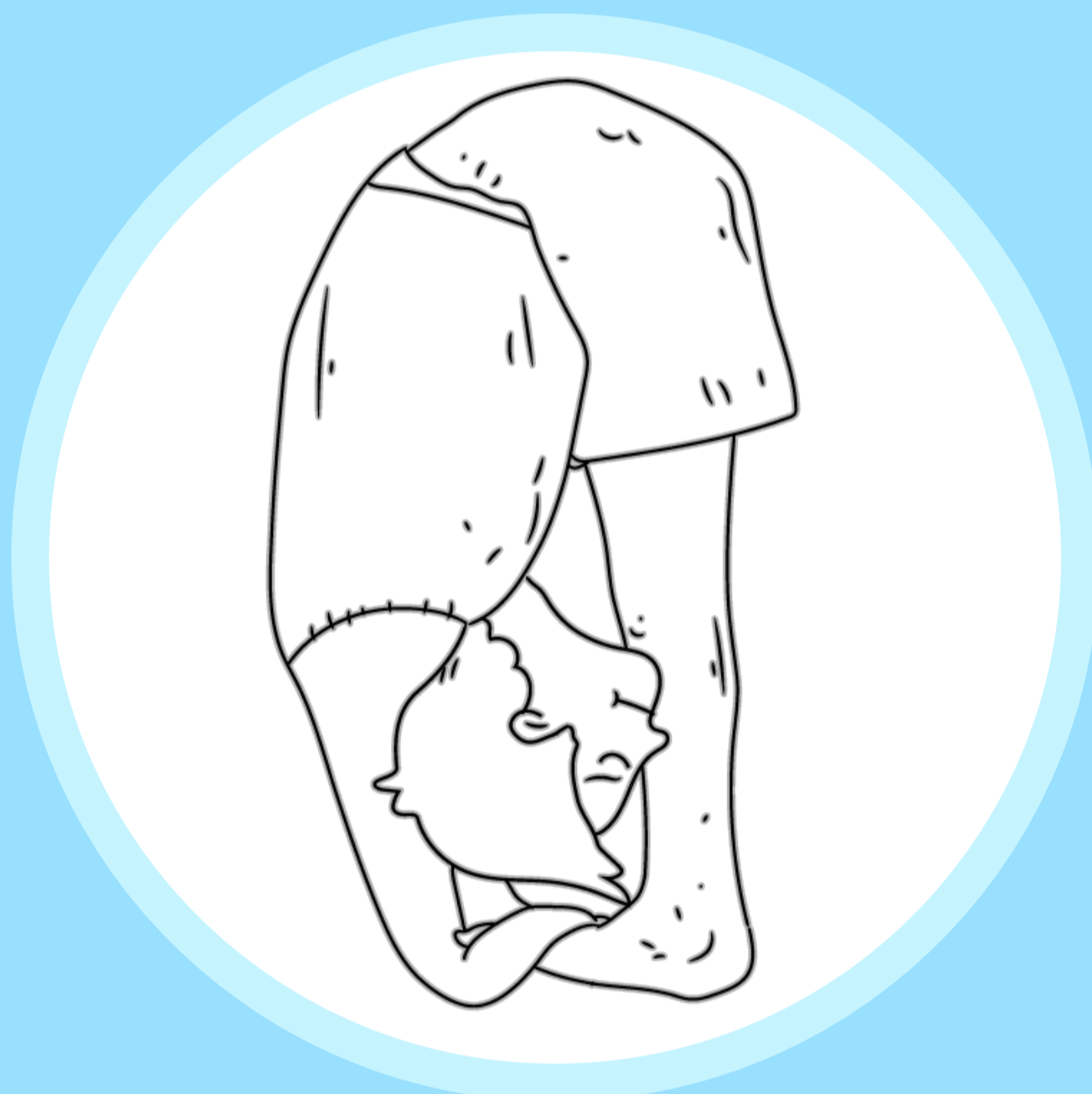
## Paralysis (p. 1 of 4)



Any Standing Posture



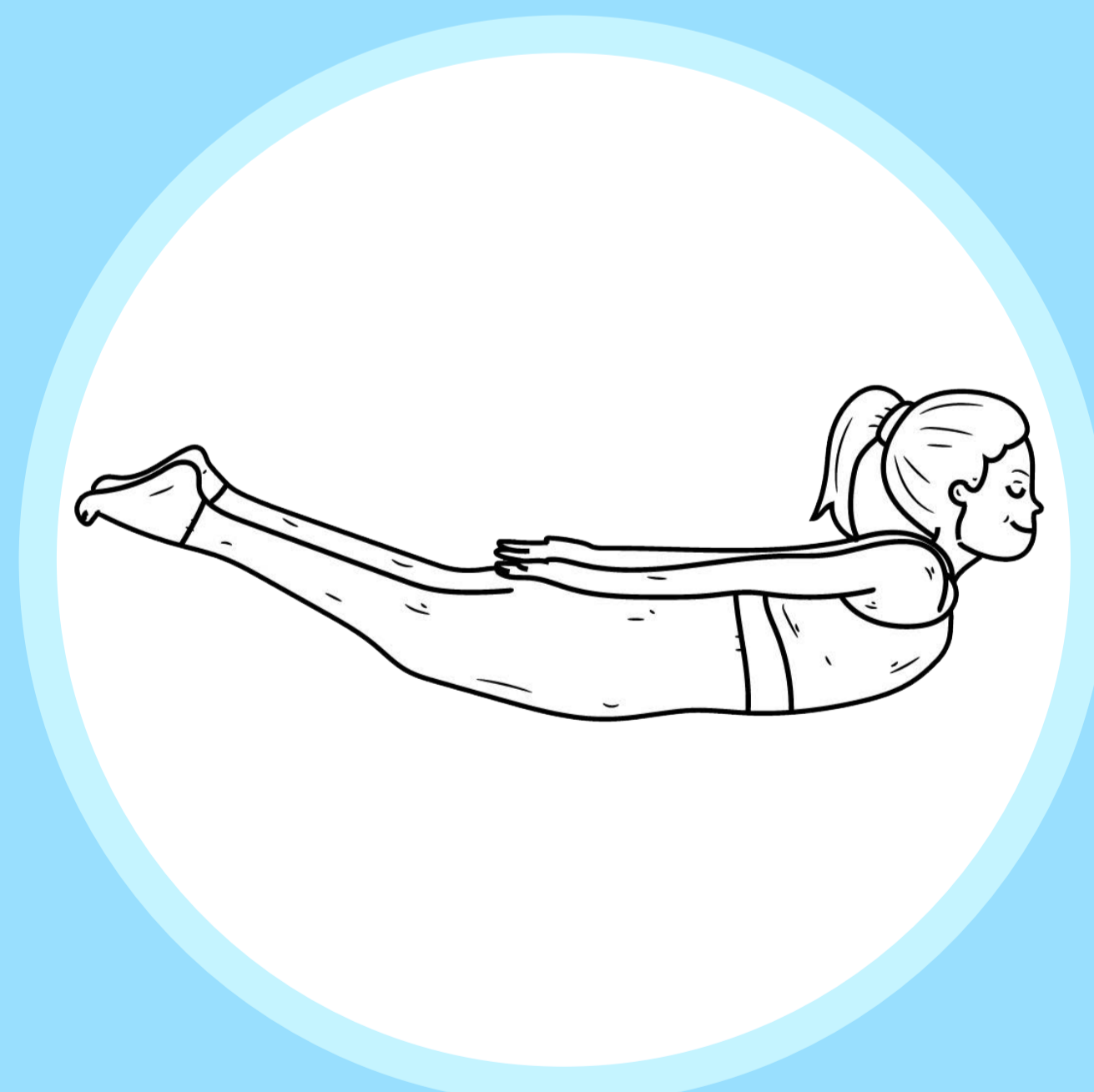
Pādānguṣṭhāsana  
(hand to big toe)



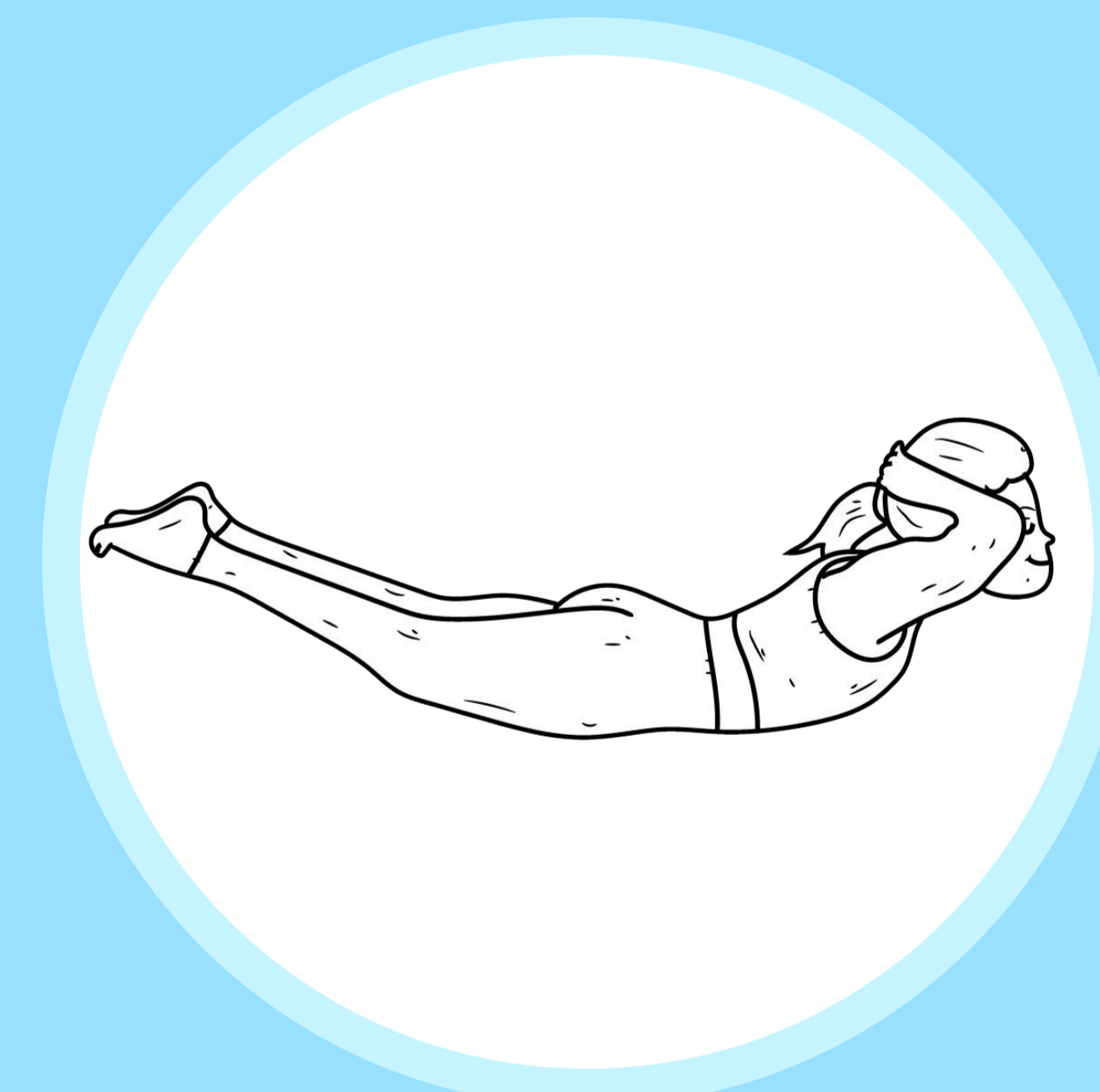
Pāda Hastāsana  
(hand under foot)



Uttānāsana  
(forward fold)

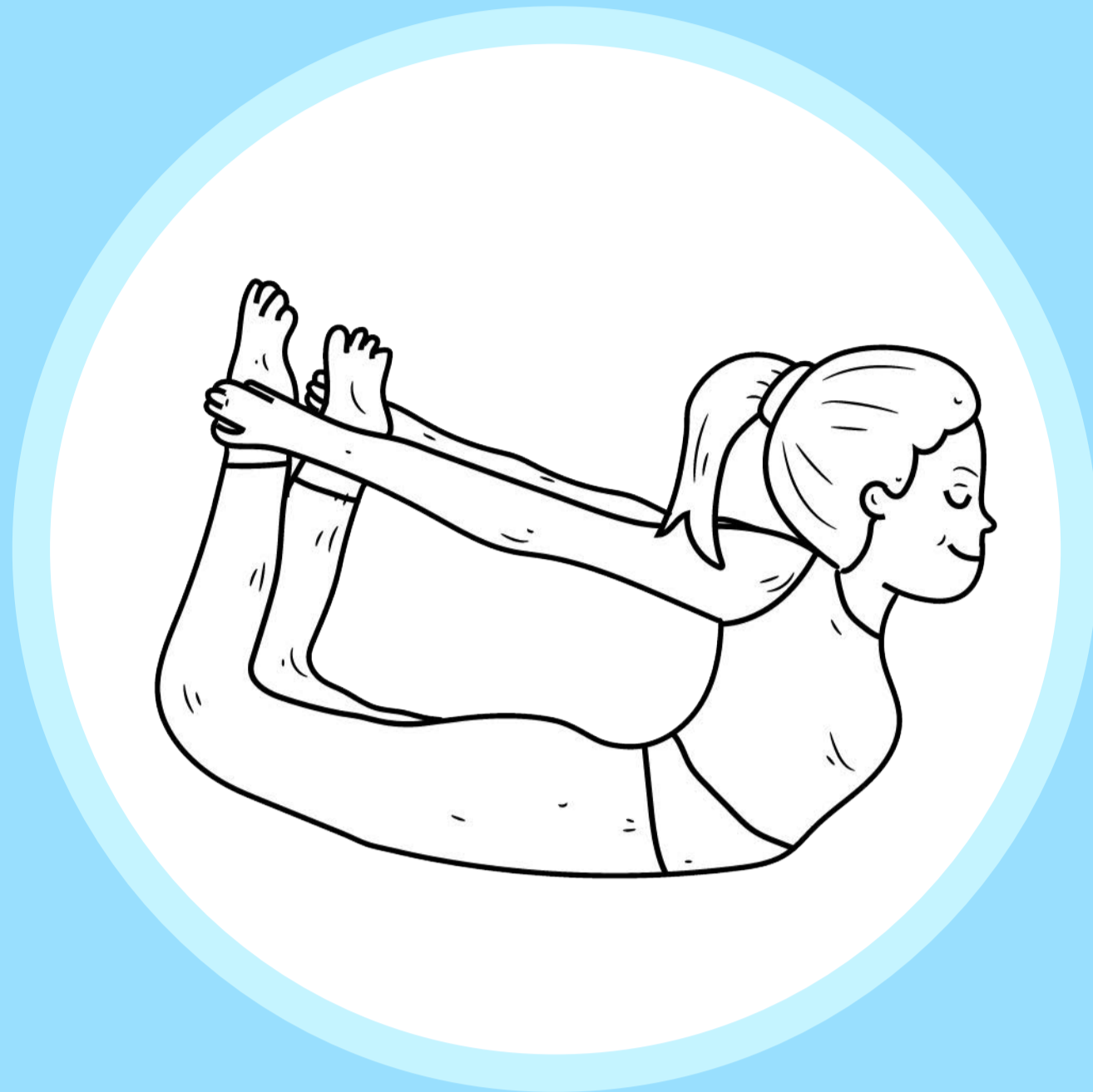


Śālābhāsana  
(locust)

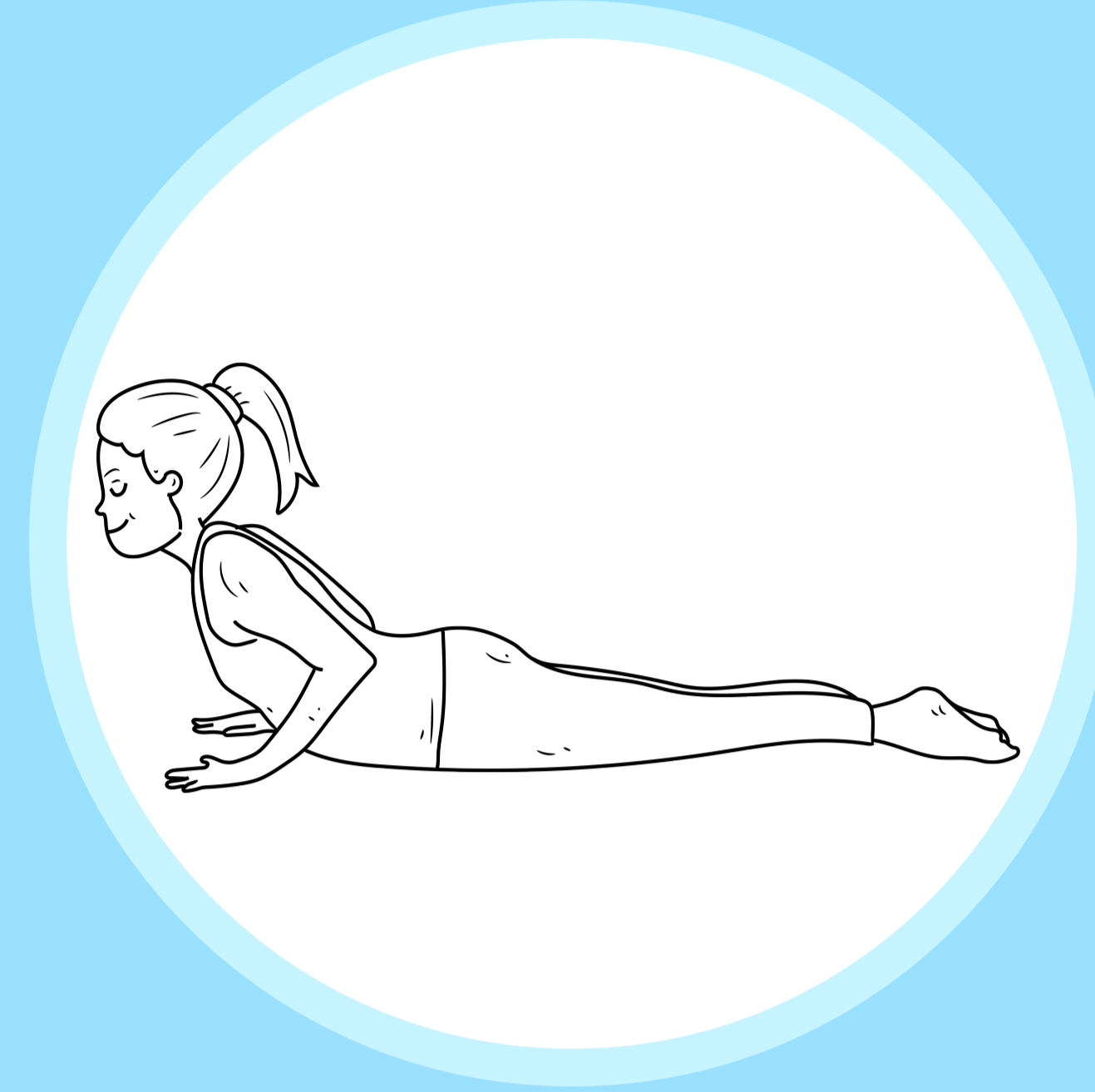


Makarāsana  
(crocodile)

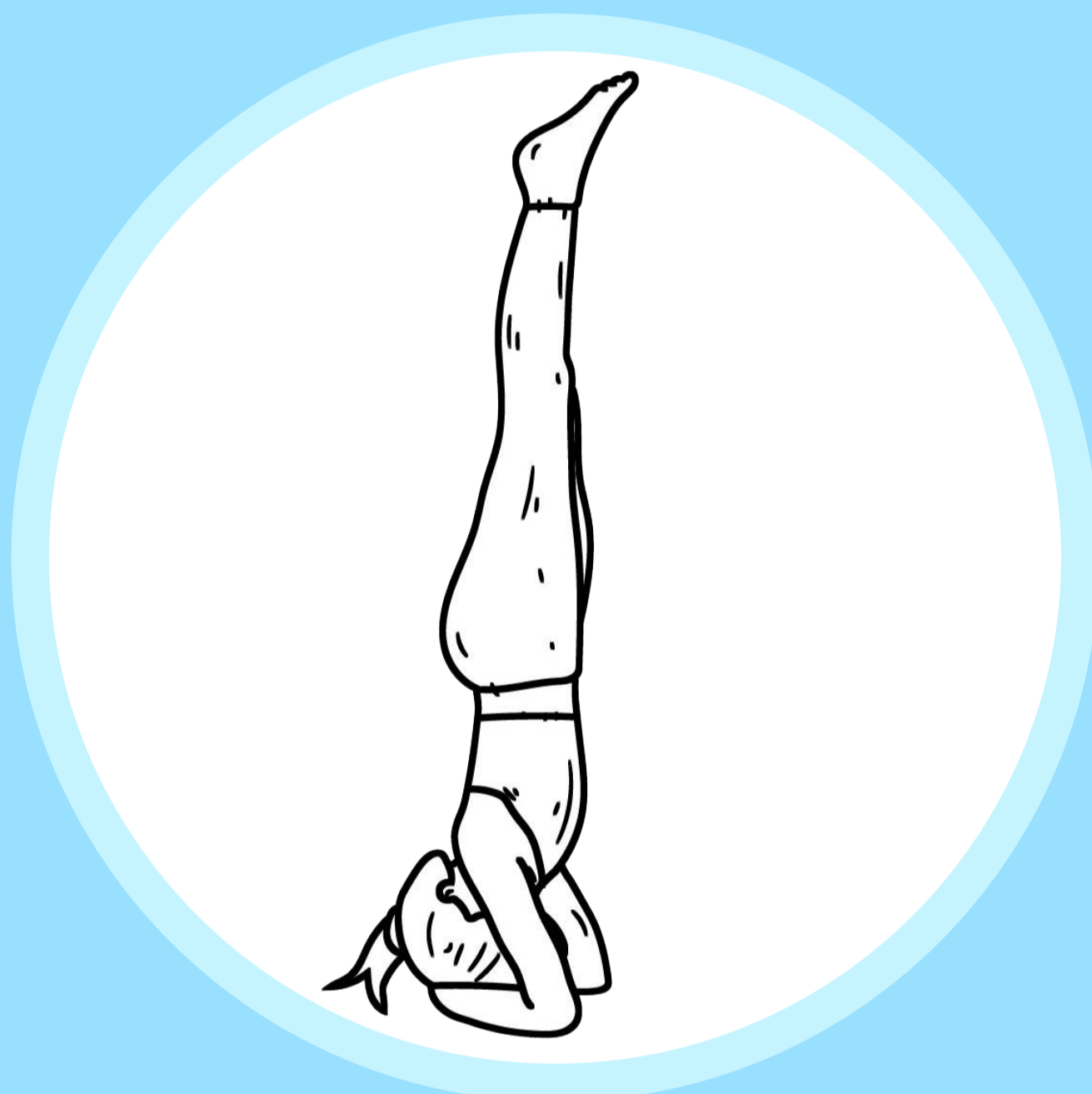
## Paralysis (p. 2 of 4)



**Dhanurāsana**  
(bow)



**Bhujangāsana I**  
(cobra I)



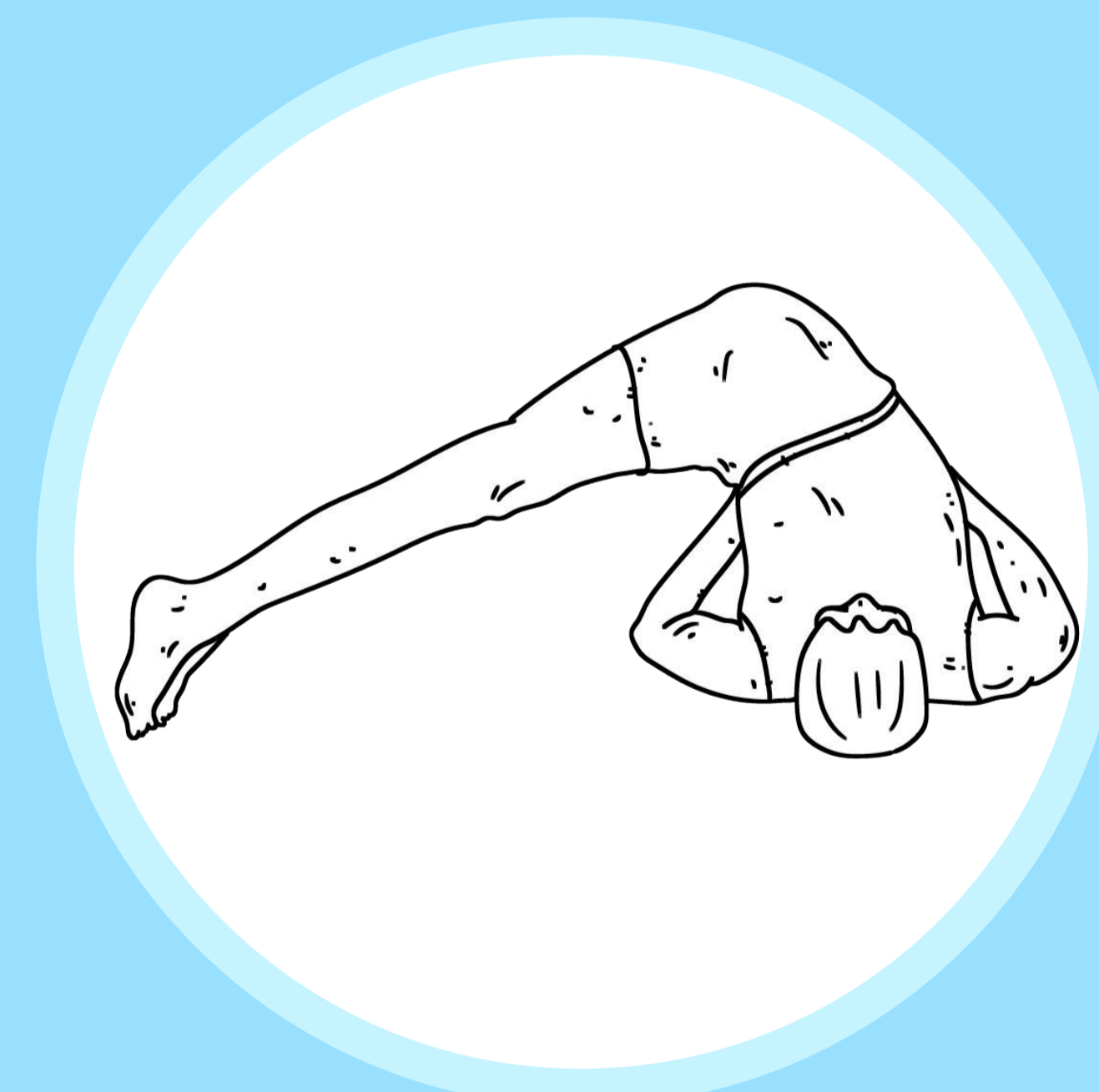
**Sālamba Śīrṣāsana**  
(supported headstand)



**Halāsana**  
(plow)

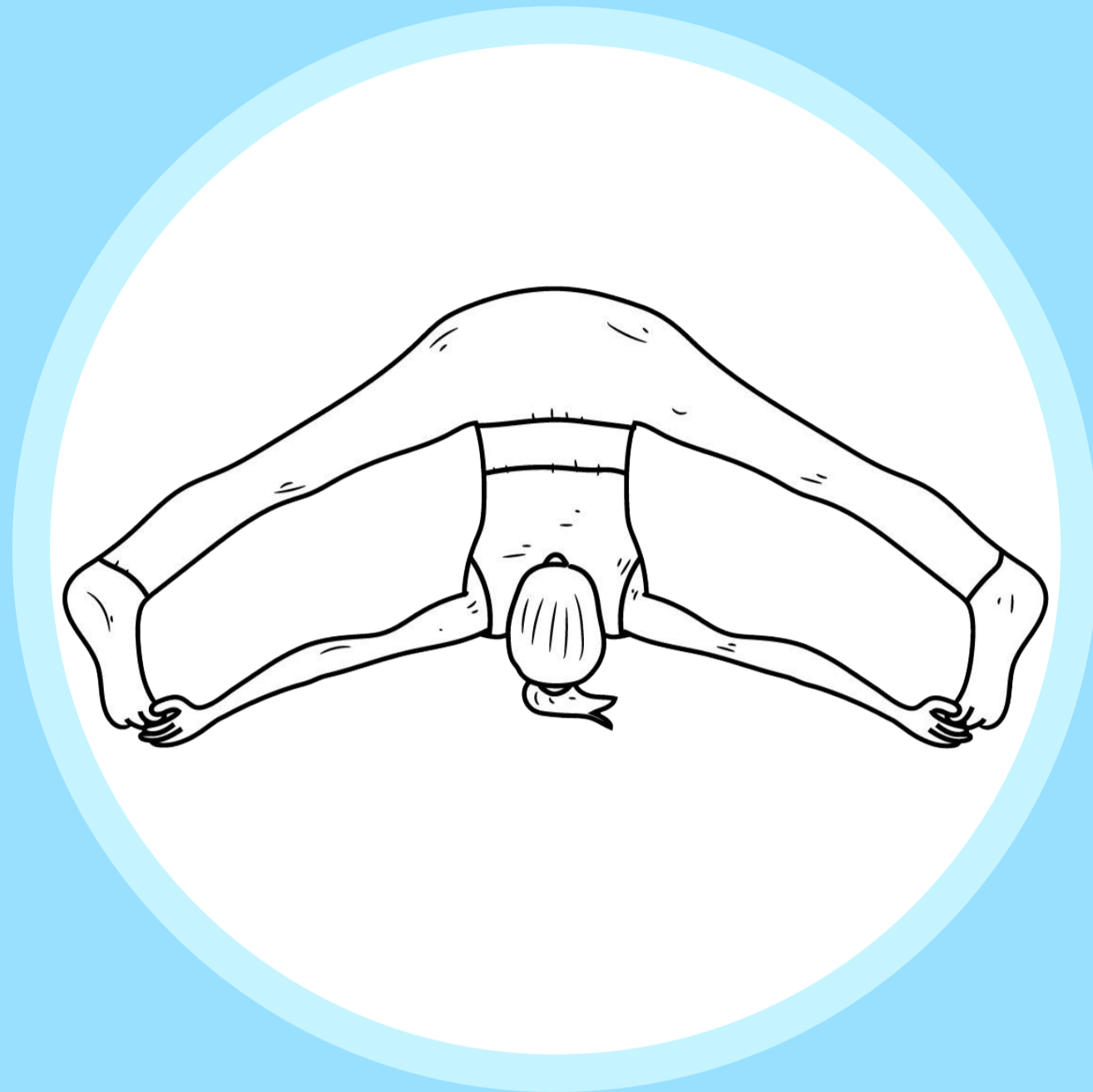


**Ekapāda Sarvāṅgāsana**  
(one leg, all limbs)



**Pārśva Halāsana**  
(side plow)

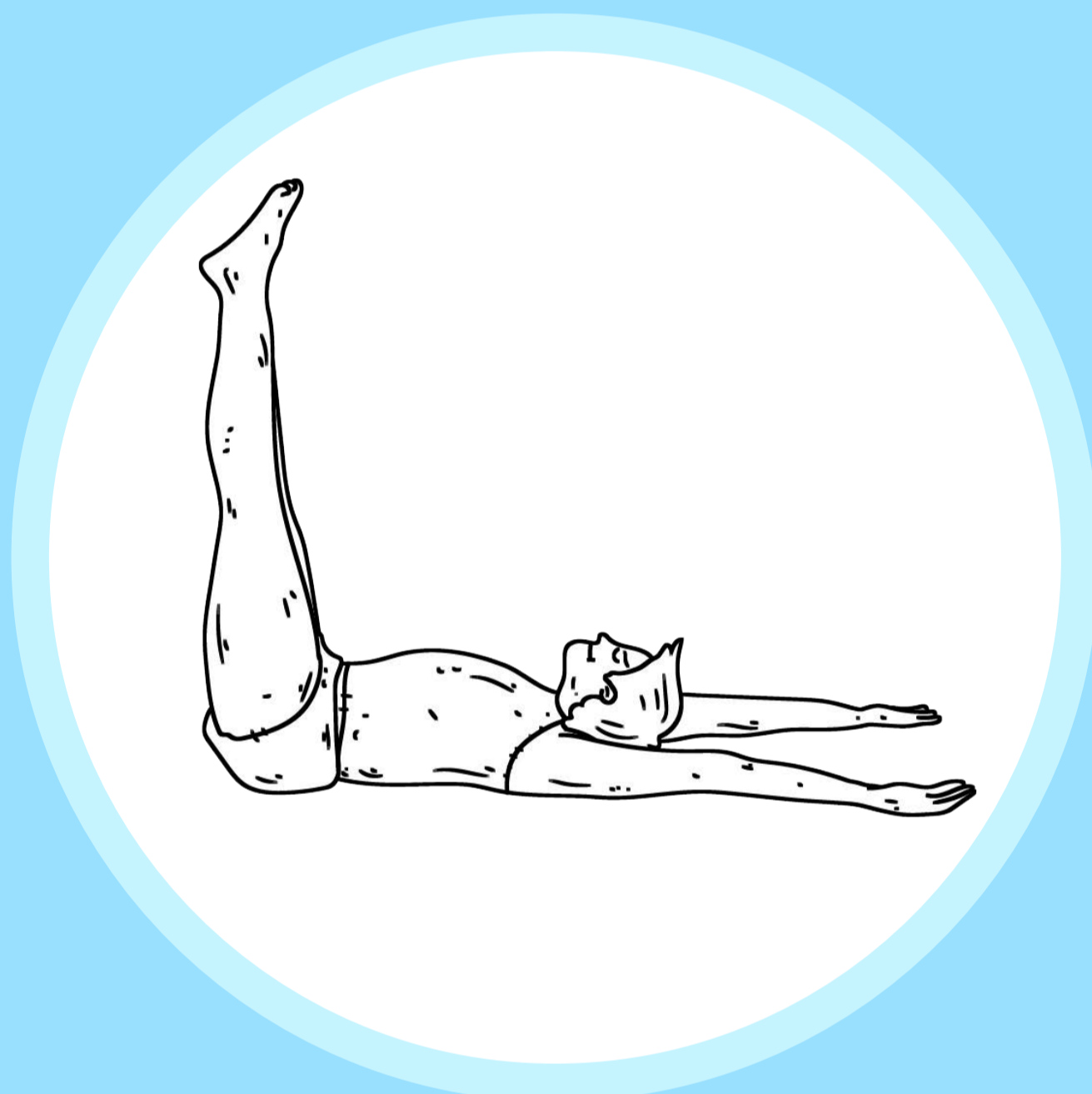
## Paralysis (p. 3 of 4)



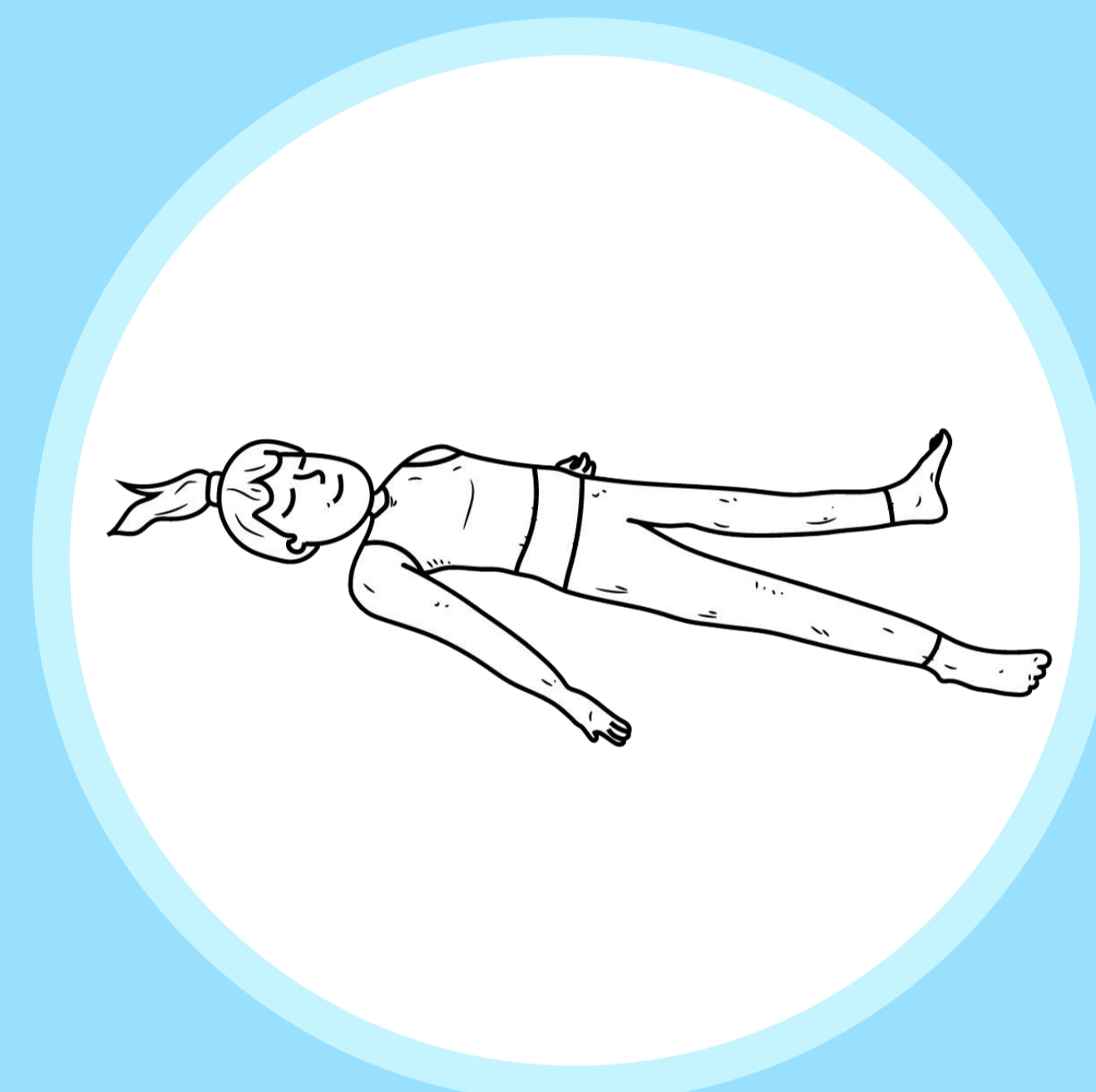
Supta Koṇāsana  
(reclining bound angle pose)



Supta Pādānguṣṭhāsana  
(reclined big toe)



Ūrdhva Prasārita Pādāsana  
(upward extended foot)



Śavāsana  
(corpse)

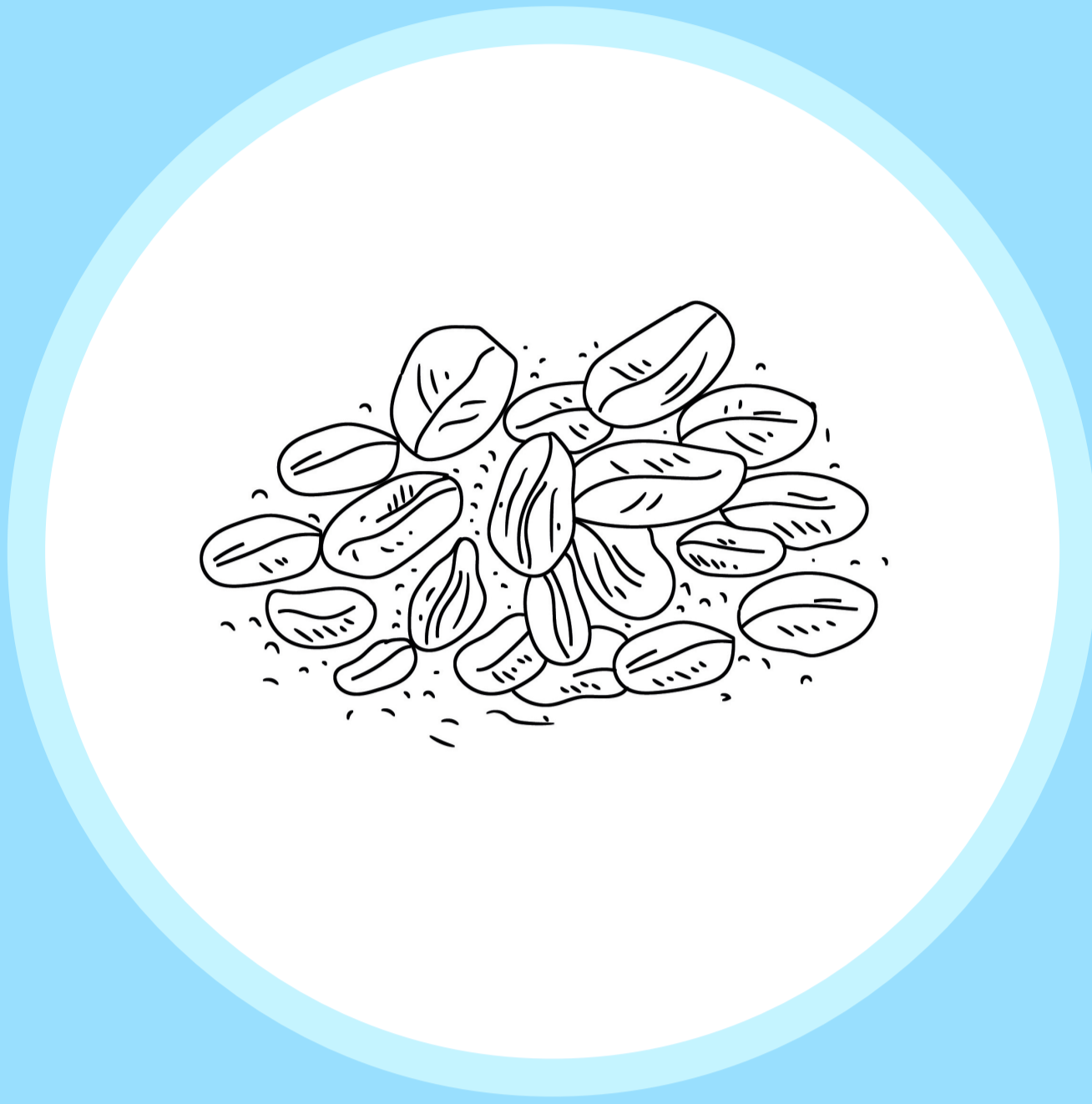


Nādī Śodhana  
(alternate nostril breathing)

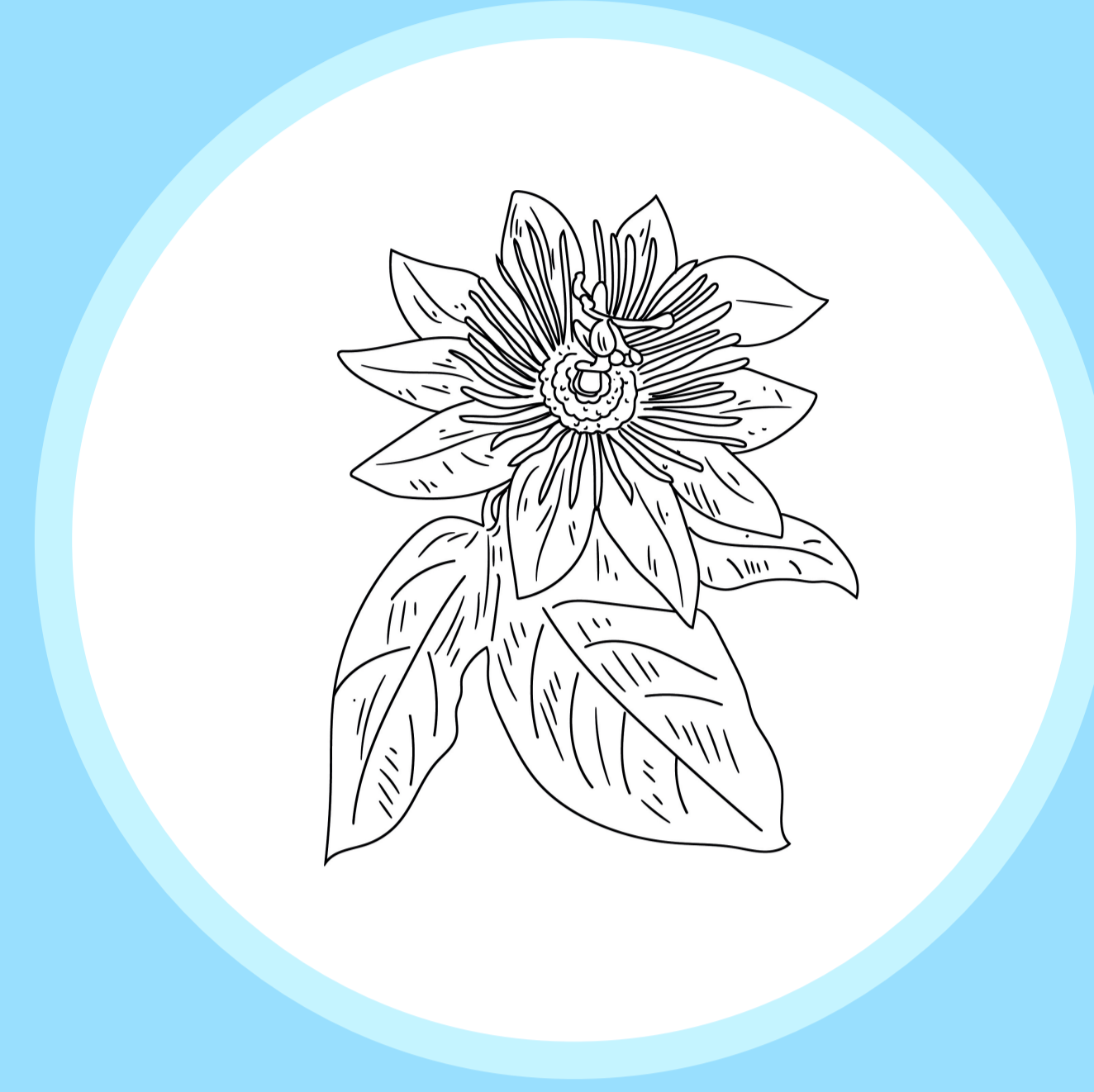


Ujjayi Pranayama

## Paralysis (p. 4 of 4)



Oat



Passionflower



Pran Mudra



St John's Wort



Magnesium