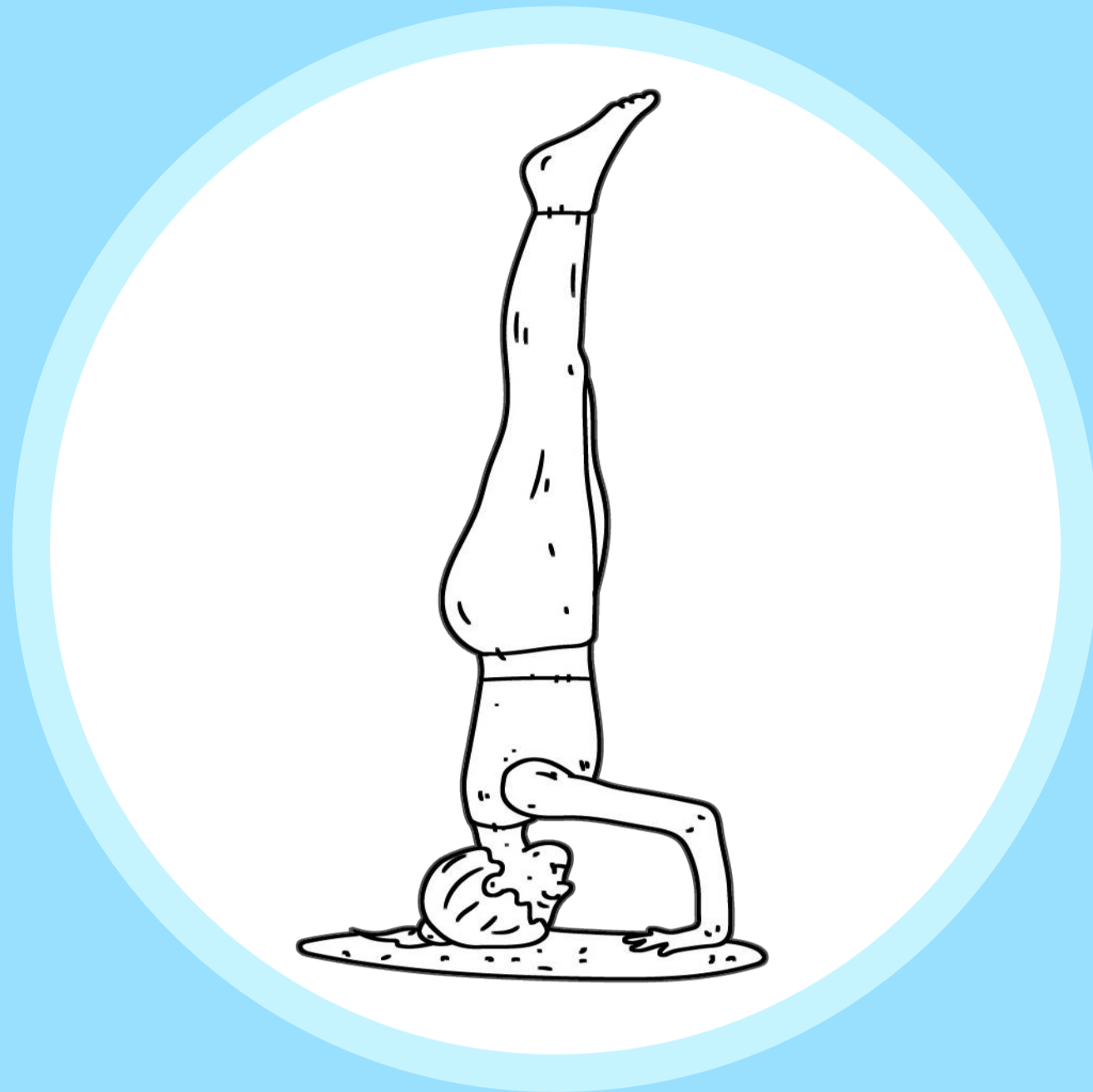
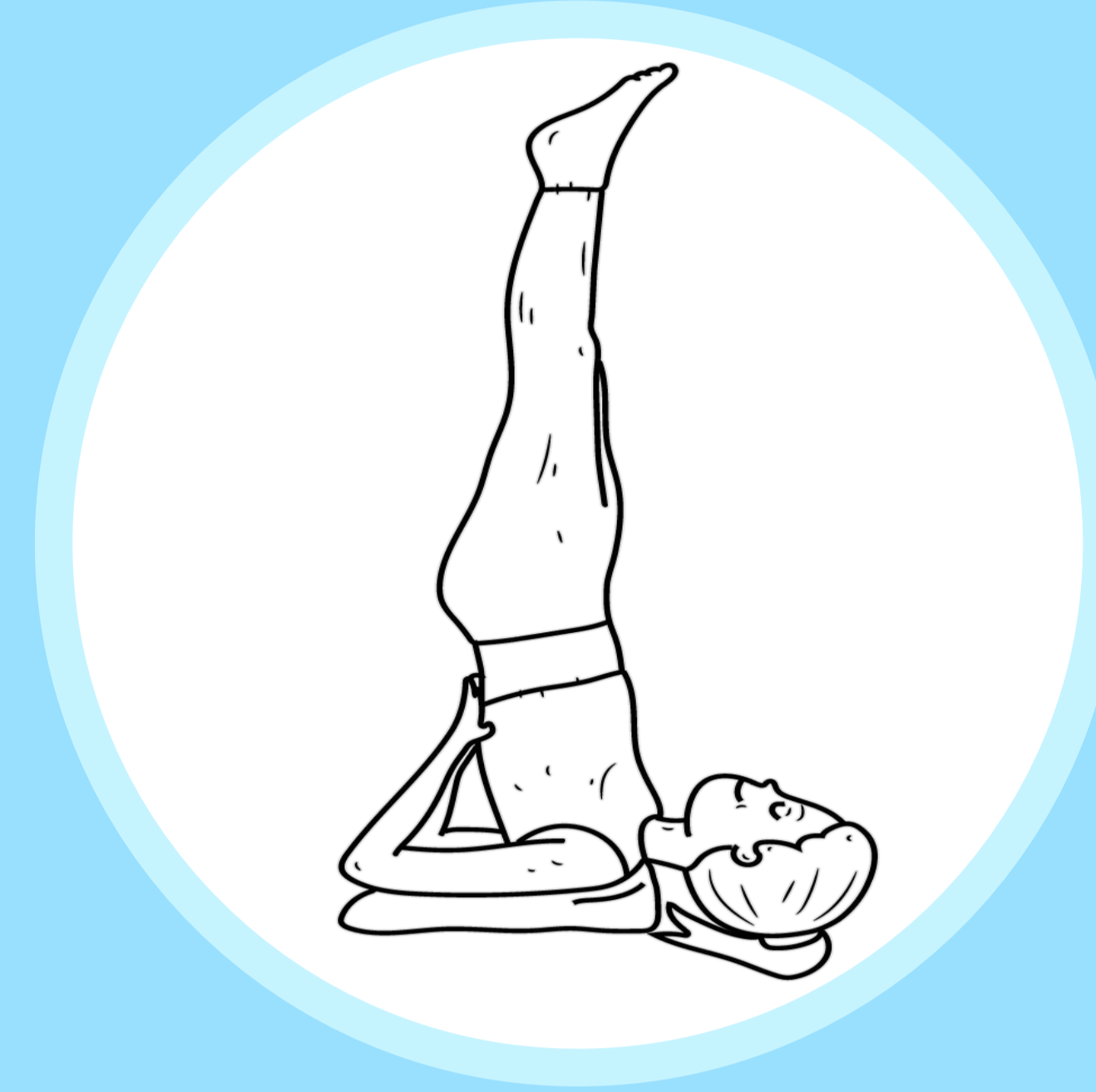


Constipation (p. 1 of 6)



Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



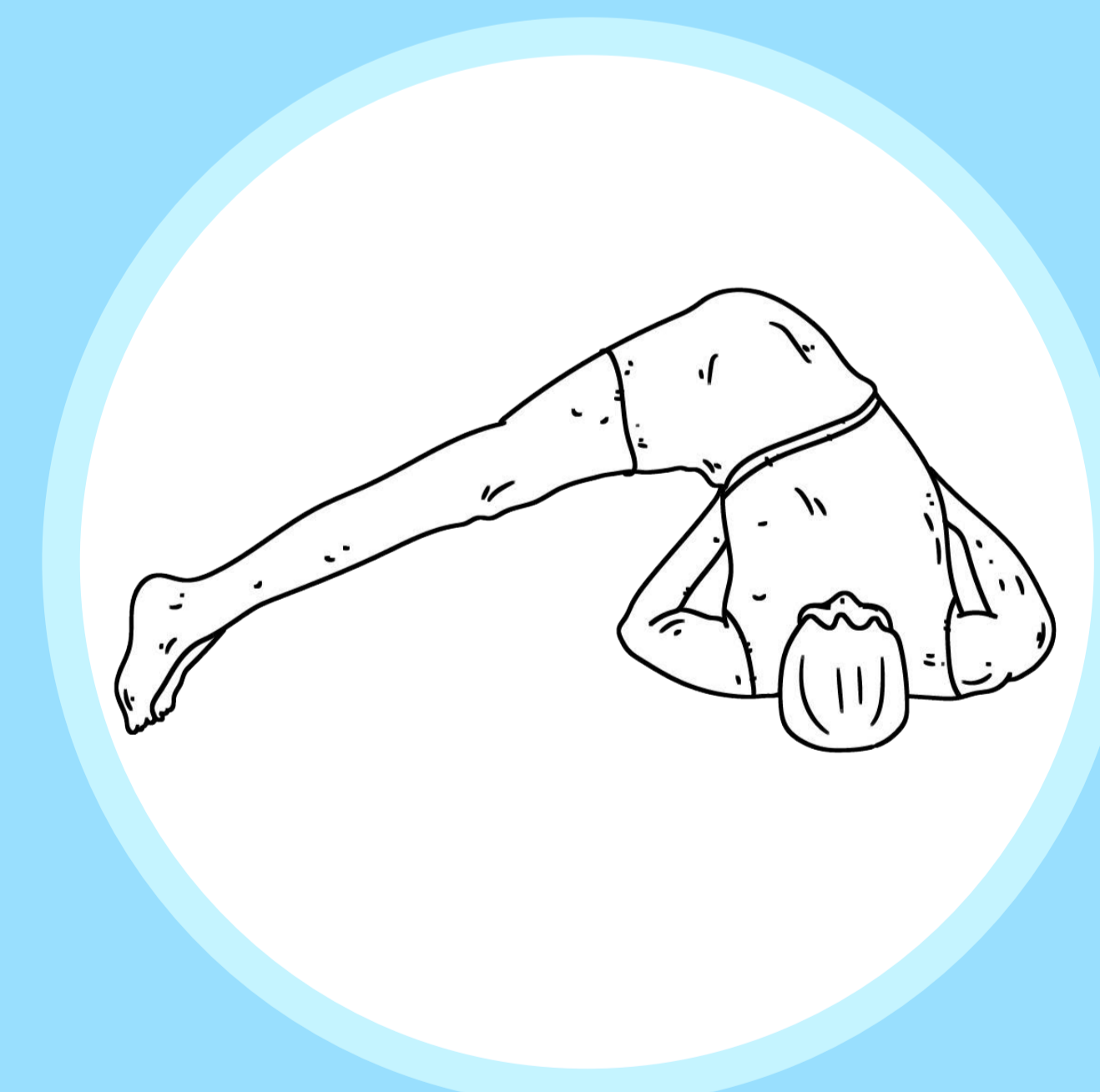
Any Standing Posture



Uttānāsana
(forward fold)



Paschimottānāsana
(staff)



Pārśva Halāsana
(side plow)

Constipation (p. 2 of 6)



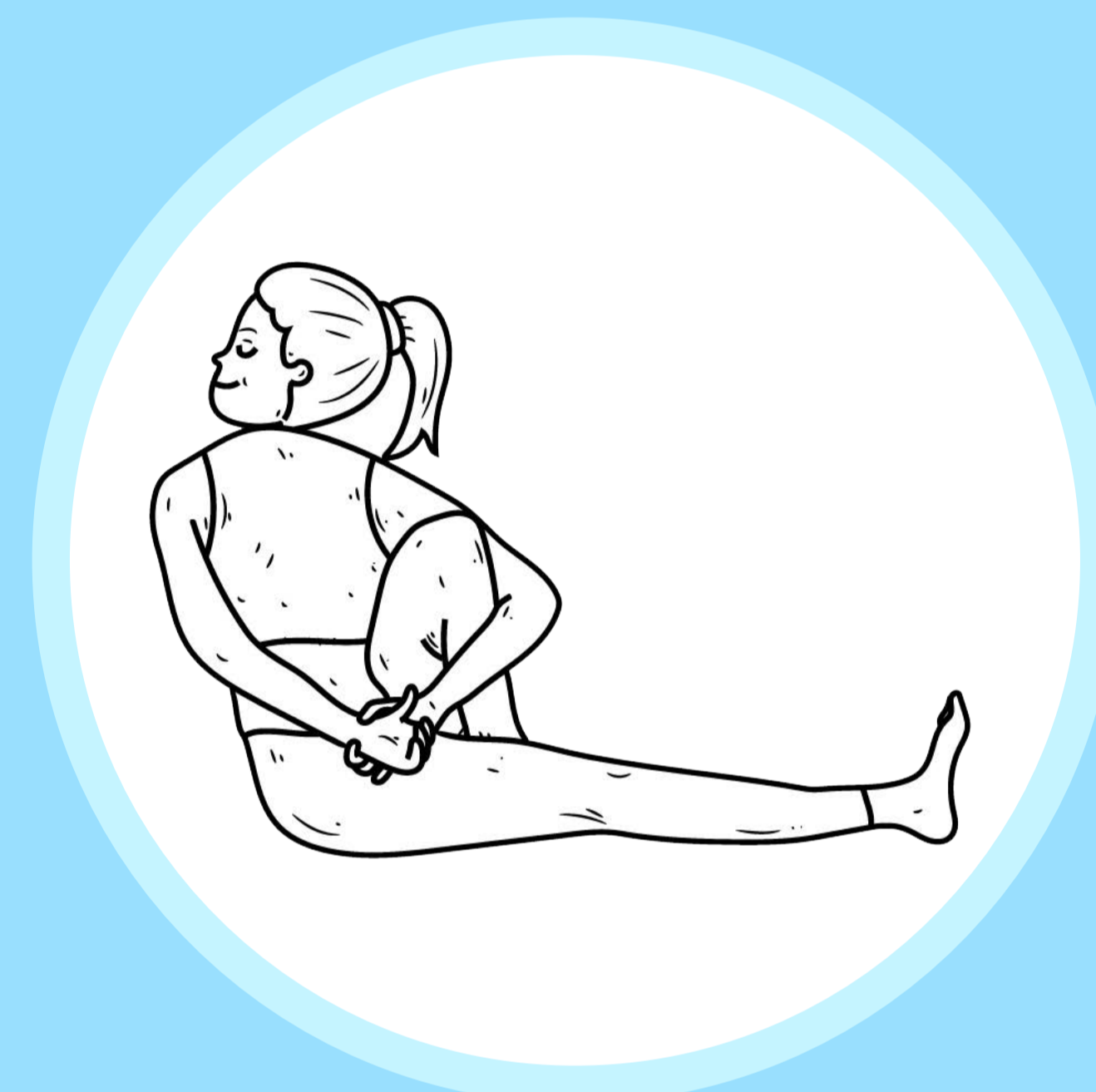
Nādi Śodhana
(alternate nostril breathing)



Ardha Marīchyāsana I
(bound forward fold)



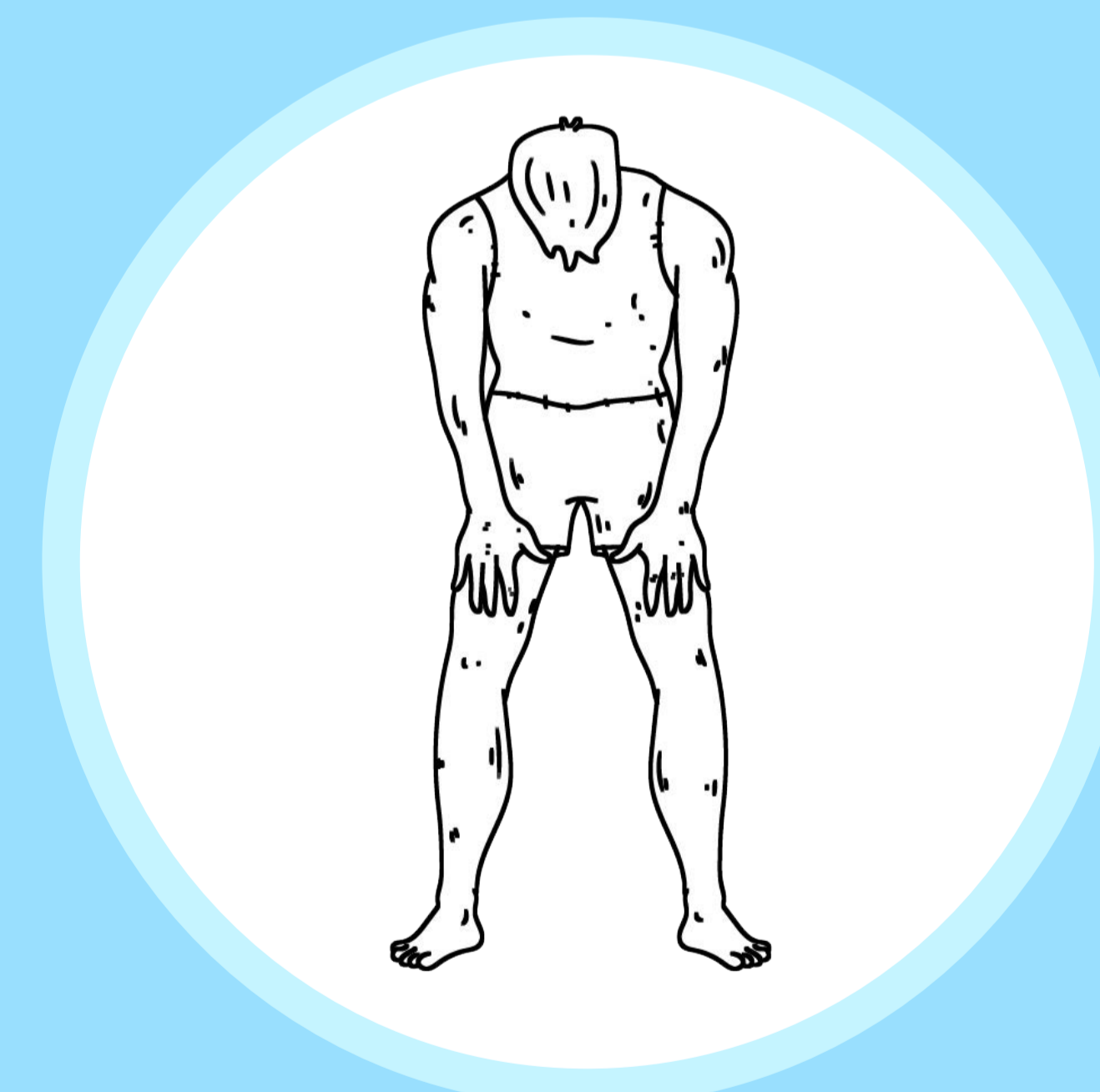
Ardha Marīchyāsana II
(half lotus bound forward fold)



Ardha Marīchyāsana III
(bound twist)

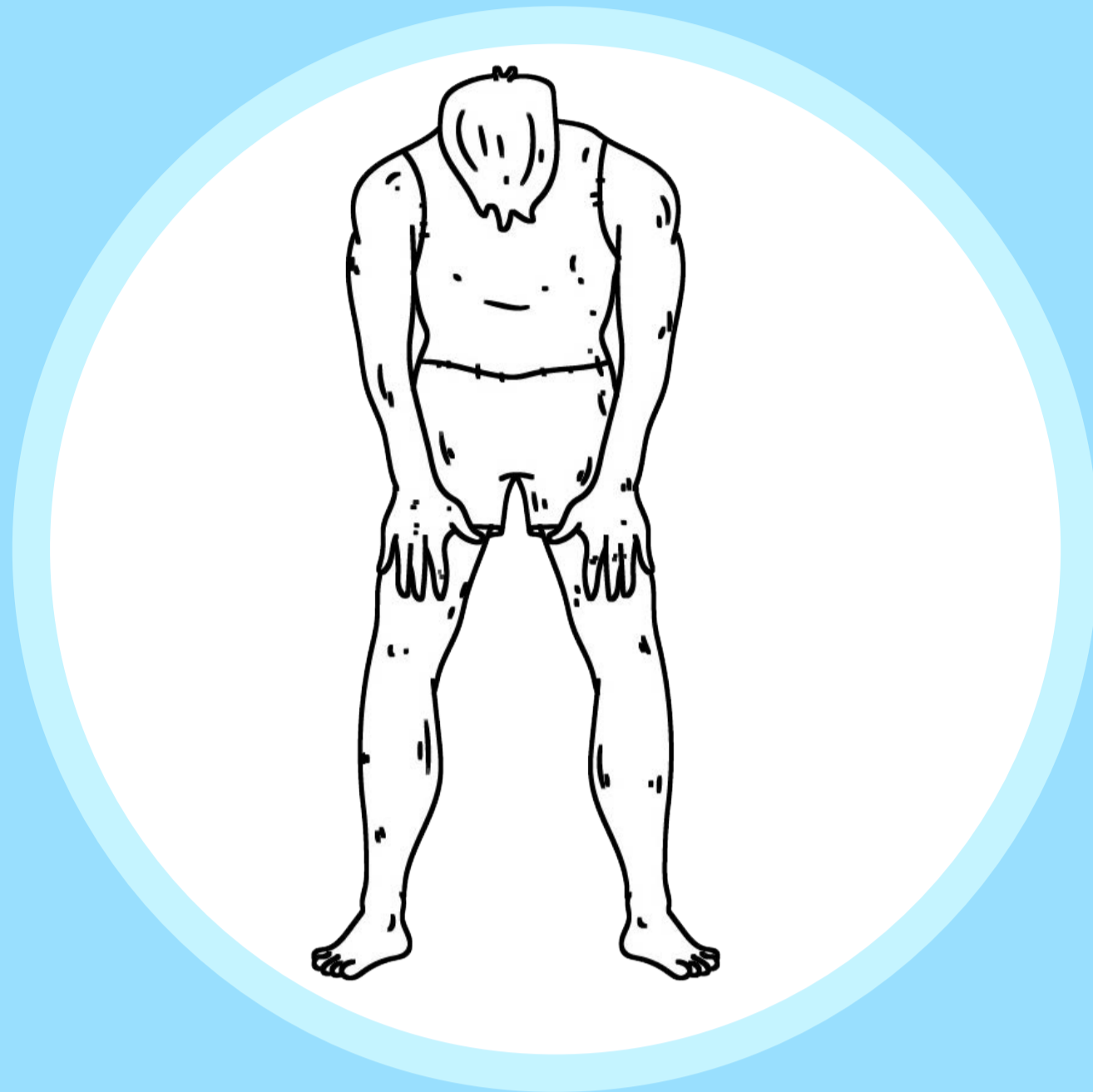


Ardha Marīchyāsana IV
(half lotus bound twist)



Uddiyana

Constipation (p. 3 of 6)



Nauli
(stomach churn)



Supta Virāsana
(reclined hero)



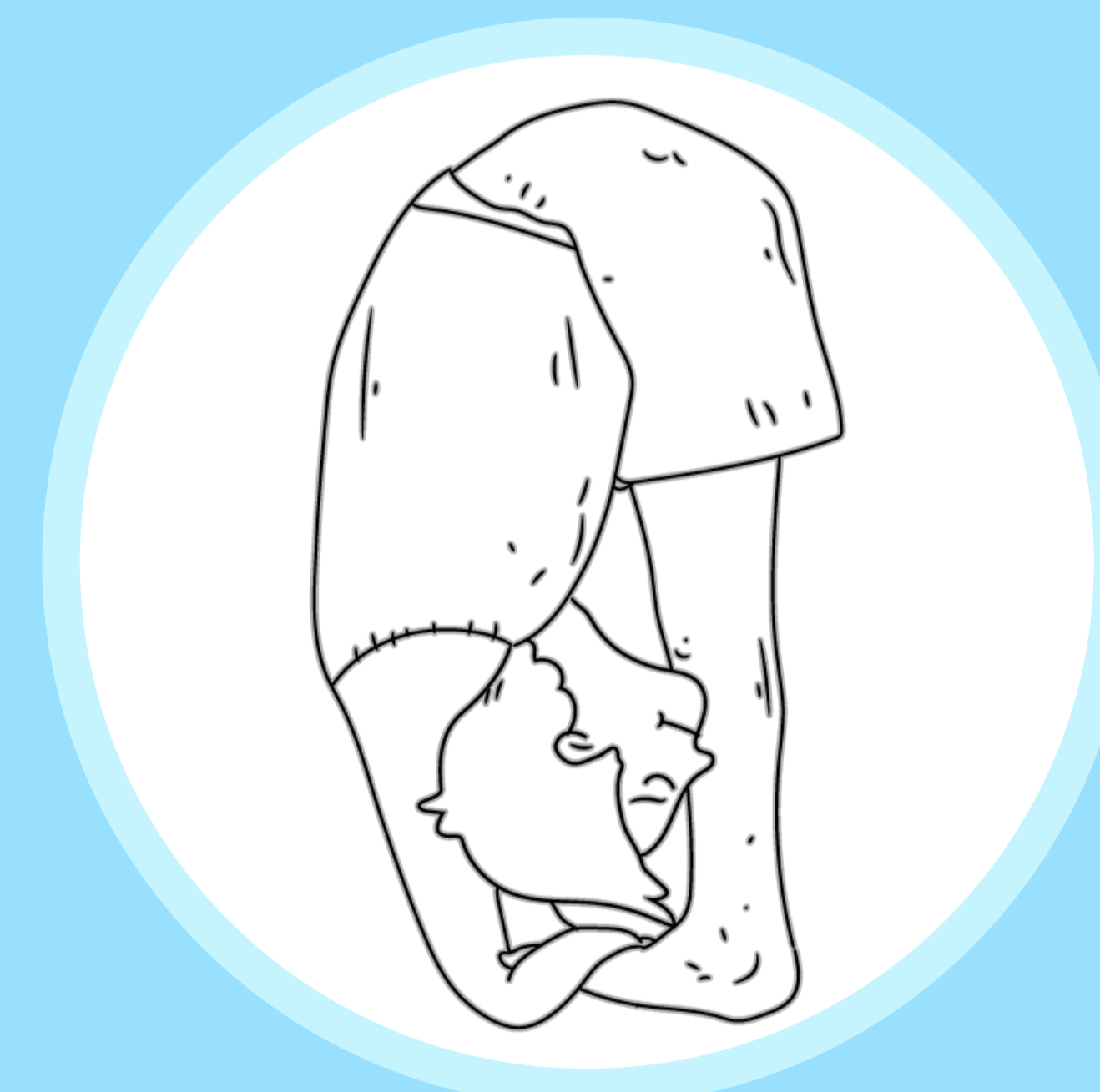
Paschimottānāsana
(staff)



Parvatāsana
(mountain)



Yoga Mudrāsana
(union seal)



Pāda Hastāsana
(hand under foot)

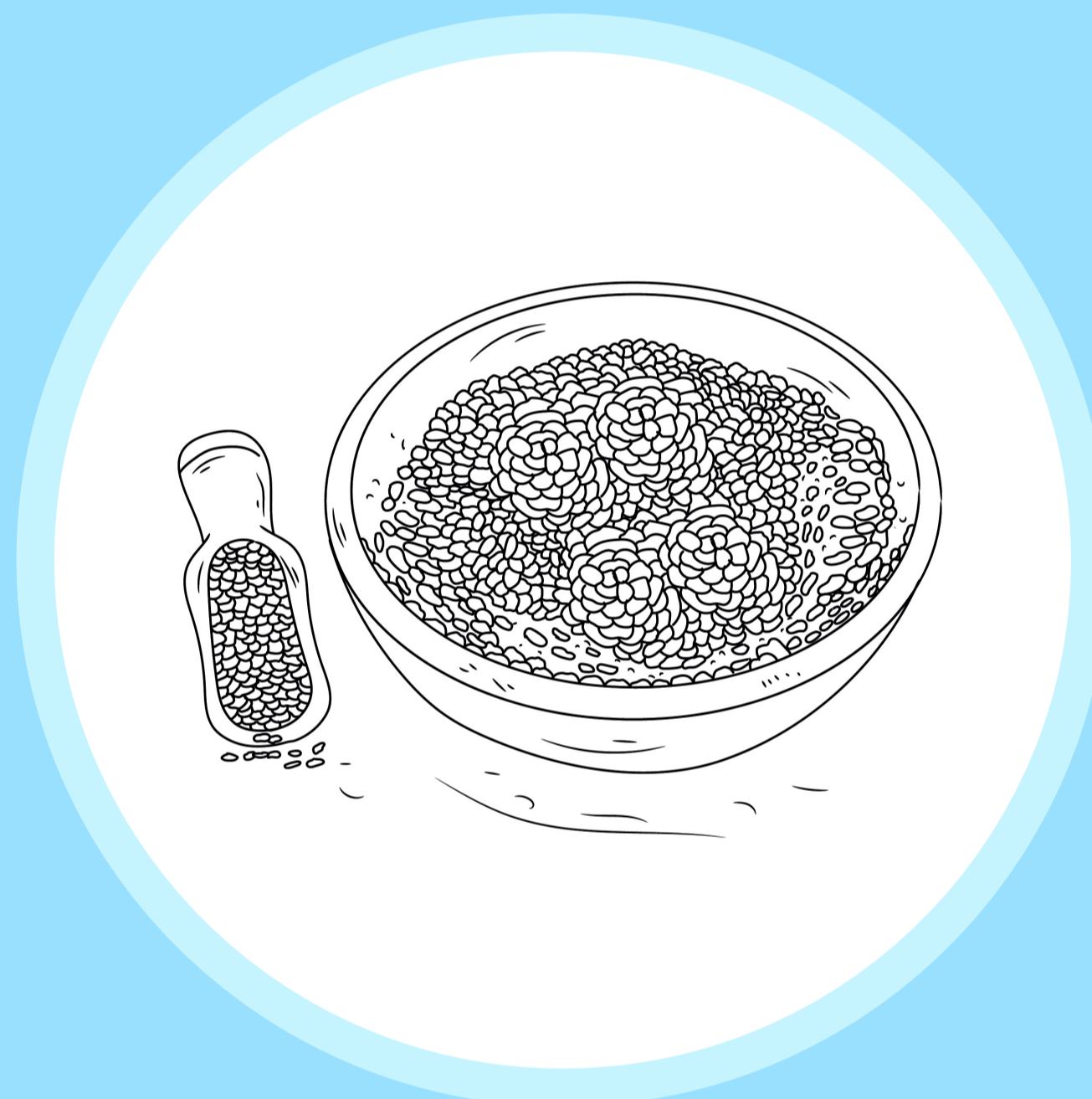
Constipation (p. 4 of 6)



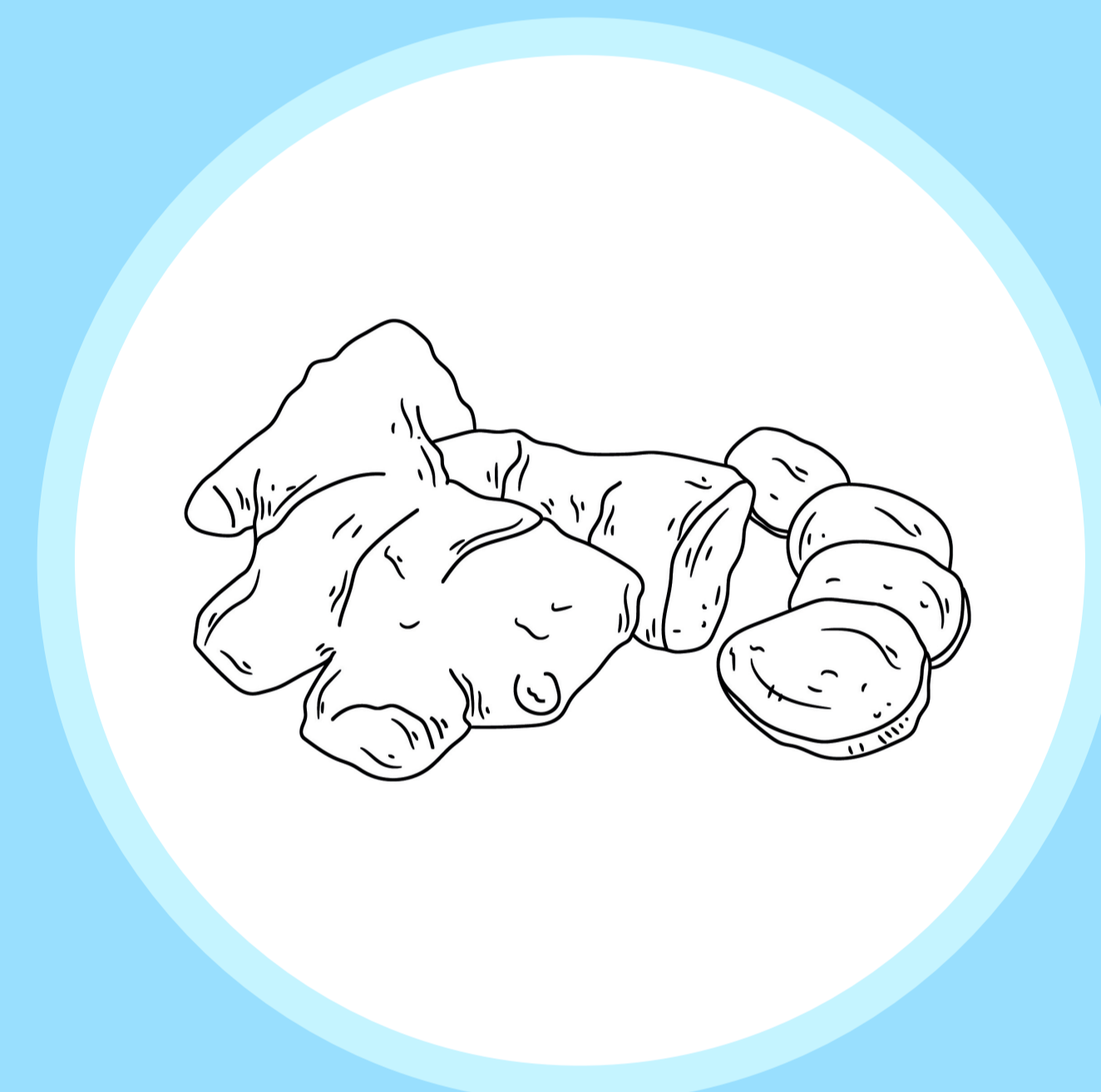
**Trikonasana
(triangle)**



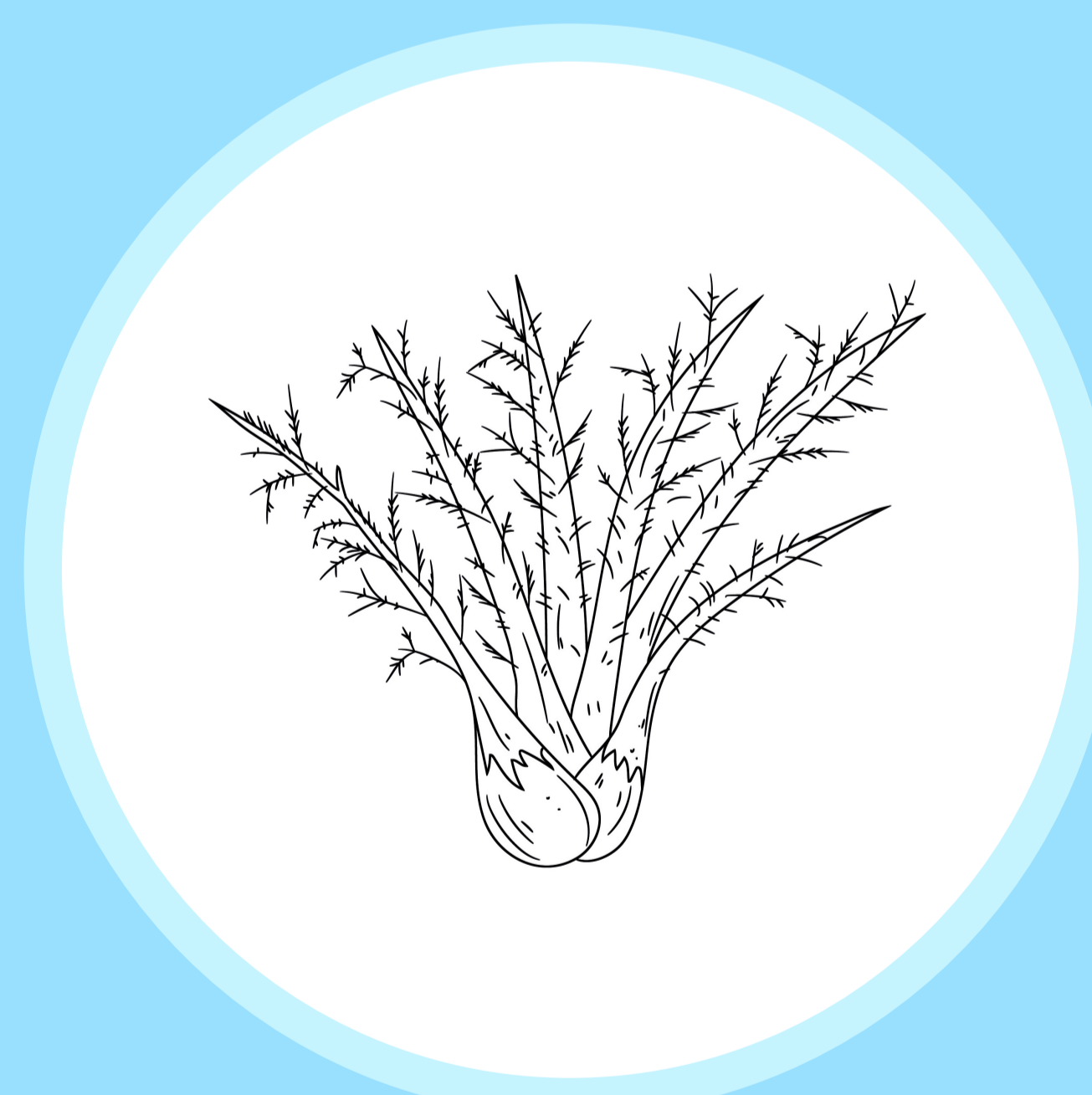
**Vajrasana
(hero)**



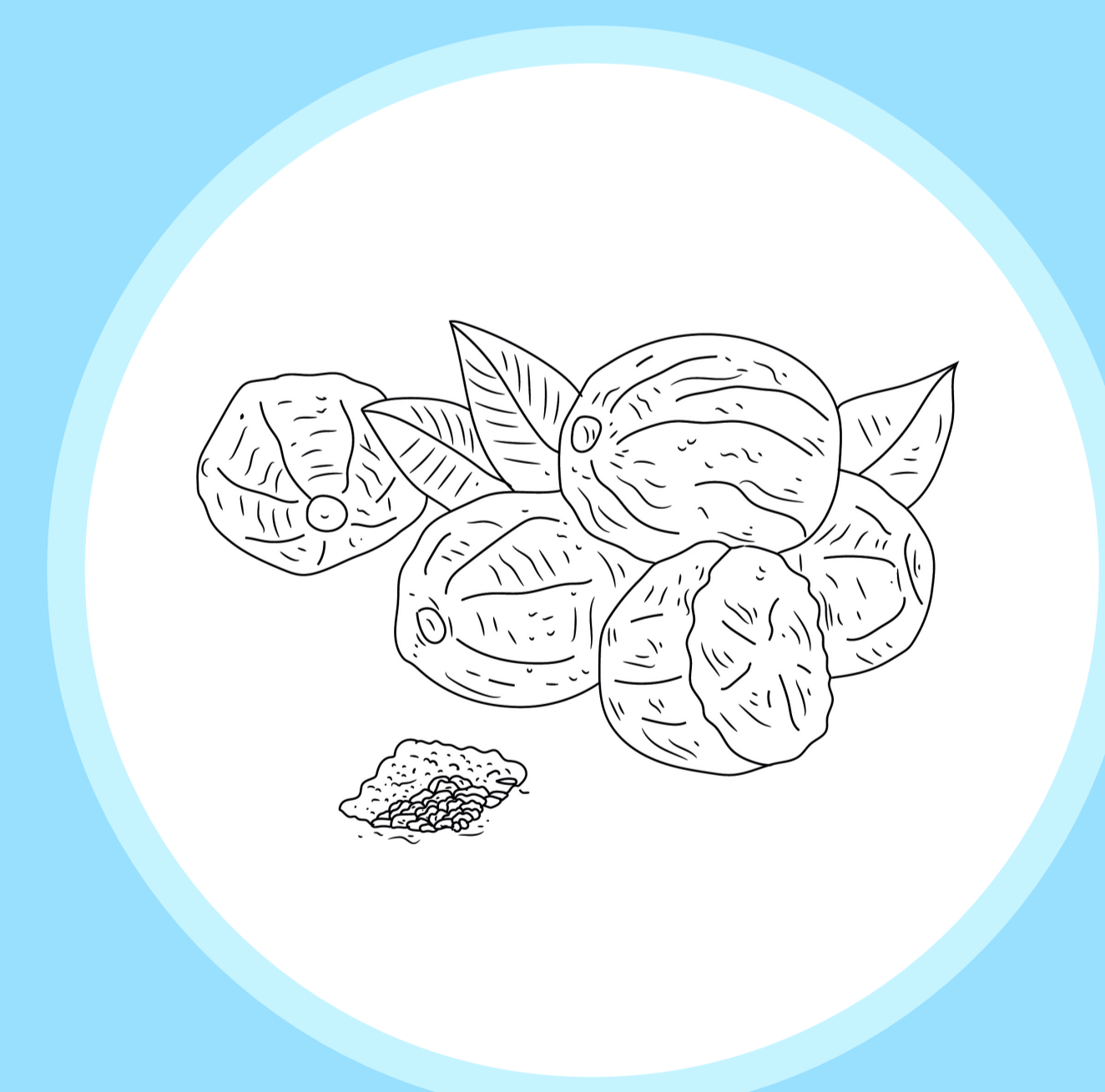
Pink Salt



Ginger



Fennel



Nutmeg

Constipation (p. 5 of 6)



Anise



Black Alder



Caraway



Olive Oil
(massaged into body)

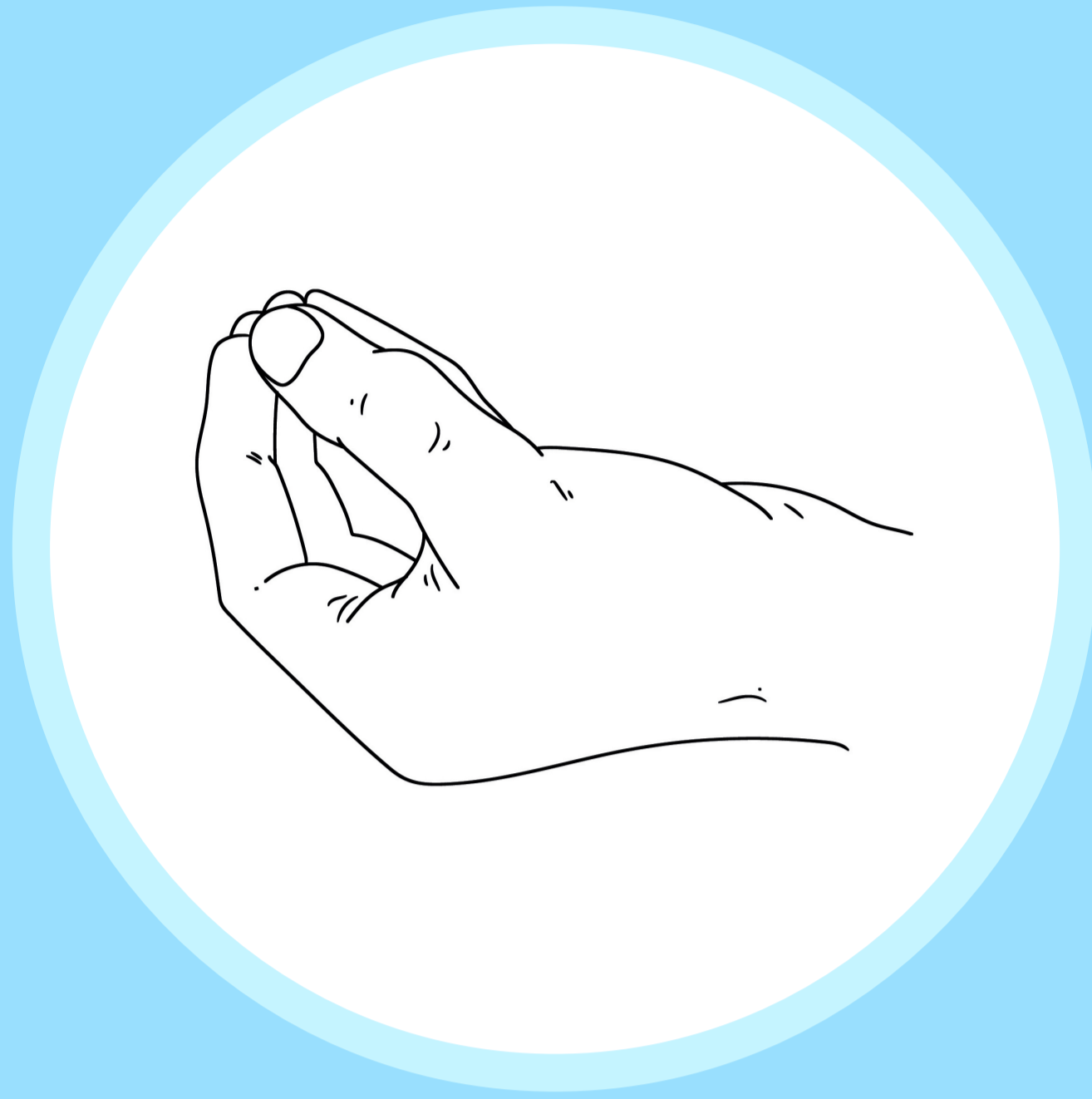


Ksepana Mudra

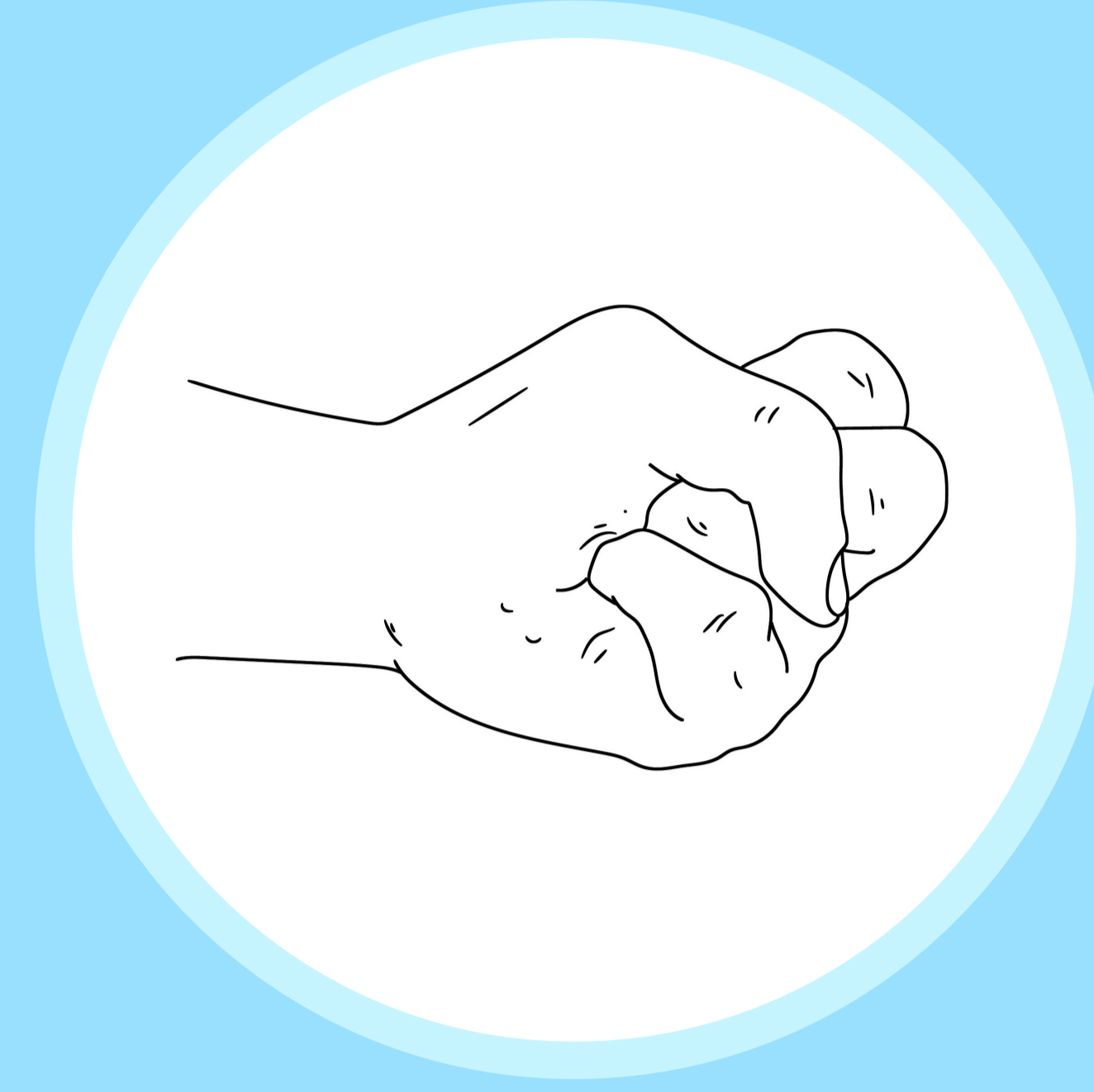


Large Bottle of Water

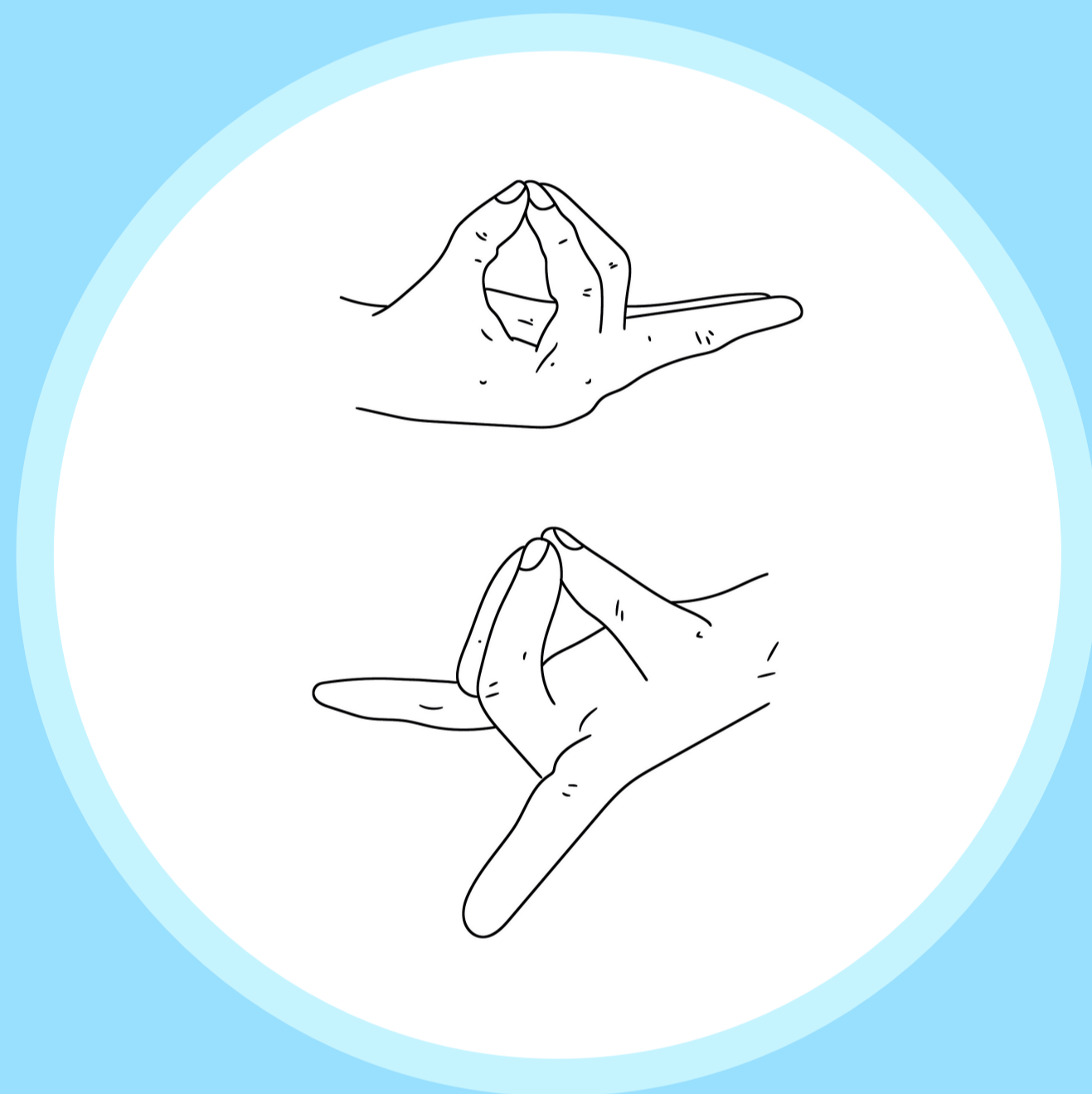
Constipation (p. 6 of 6)



Mukula Mudra



Mushti Mudra



Pushan Mudra



Suchi Mudra



Triphala