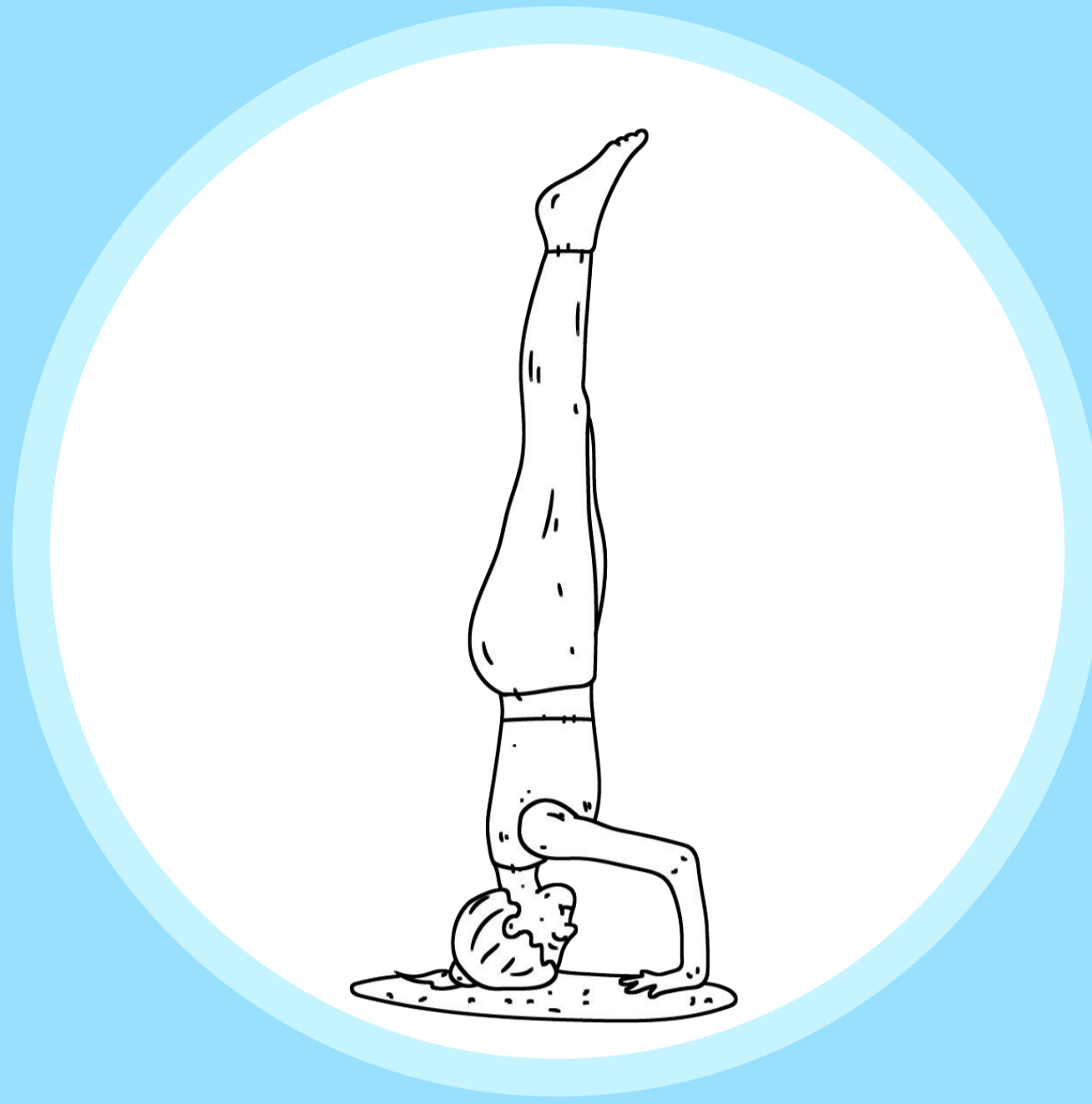


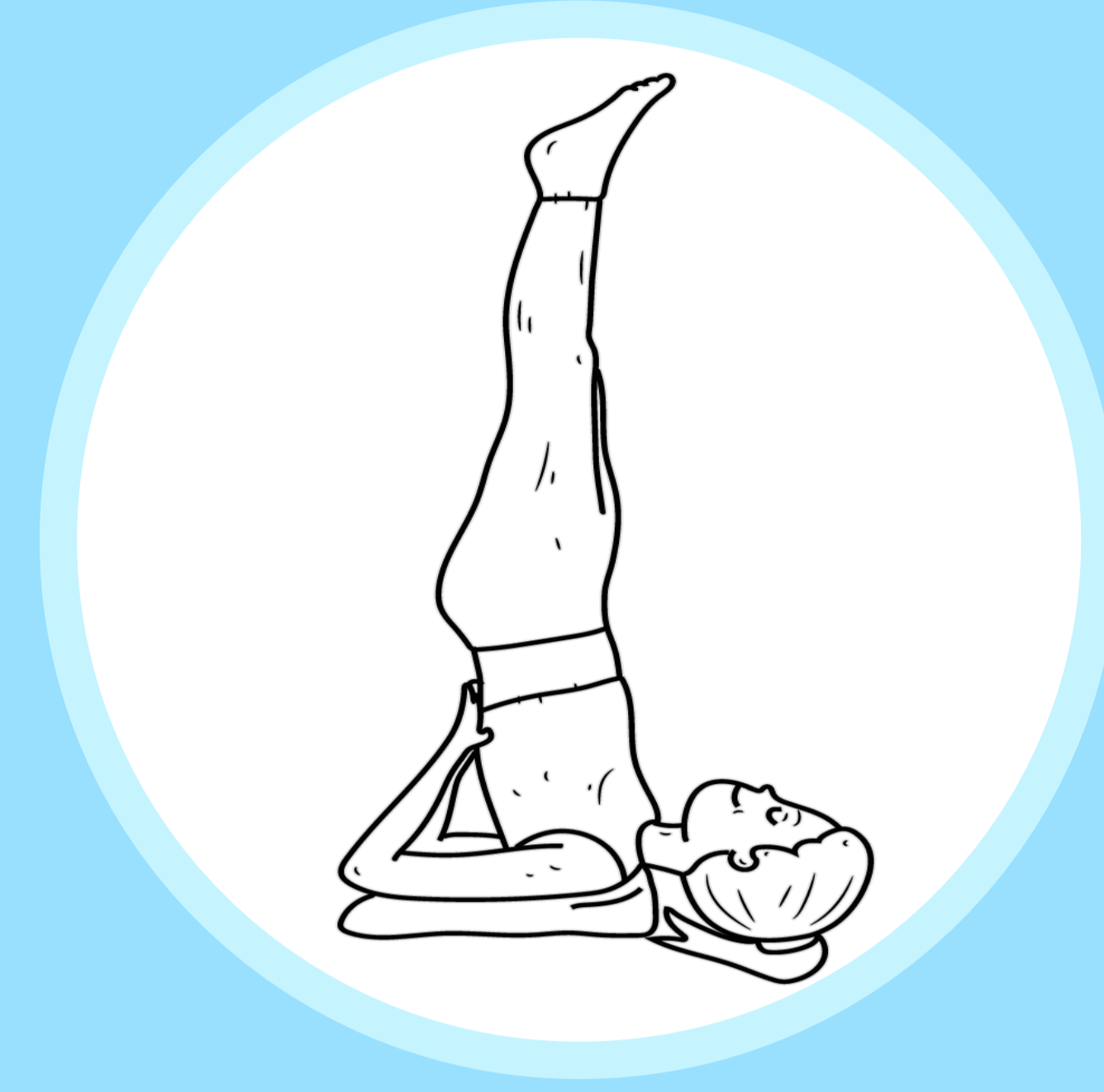
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Male Fertility and Urine Health*

(p. 1 of 8)



Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



Paschimottānāsana
(staff)



Baddha Konāsana
(bound angle)



Mūlabandhāsana
(root lock)



Kandāsana
(navel)

*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

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

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

Male Fertility and Urine Health*

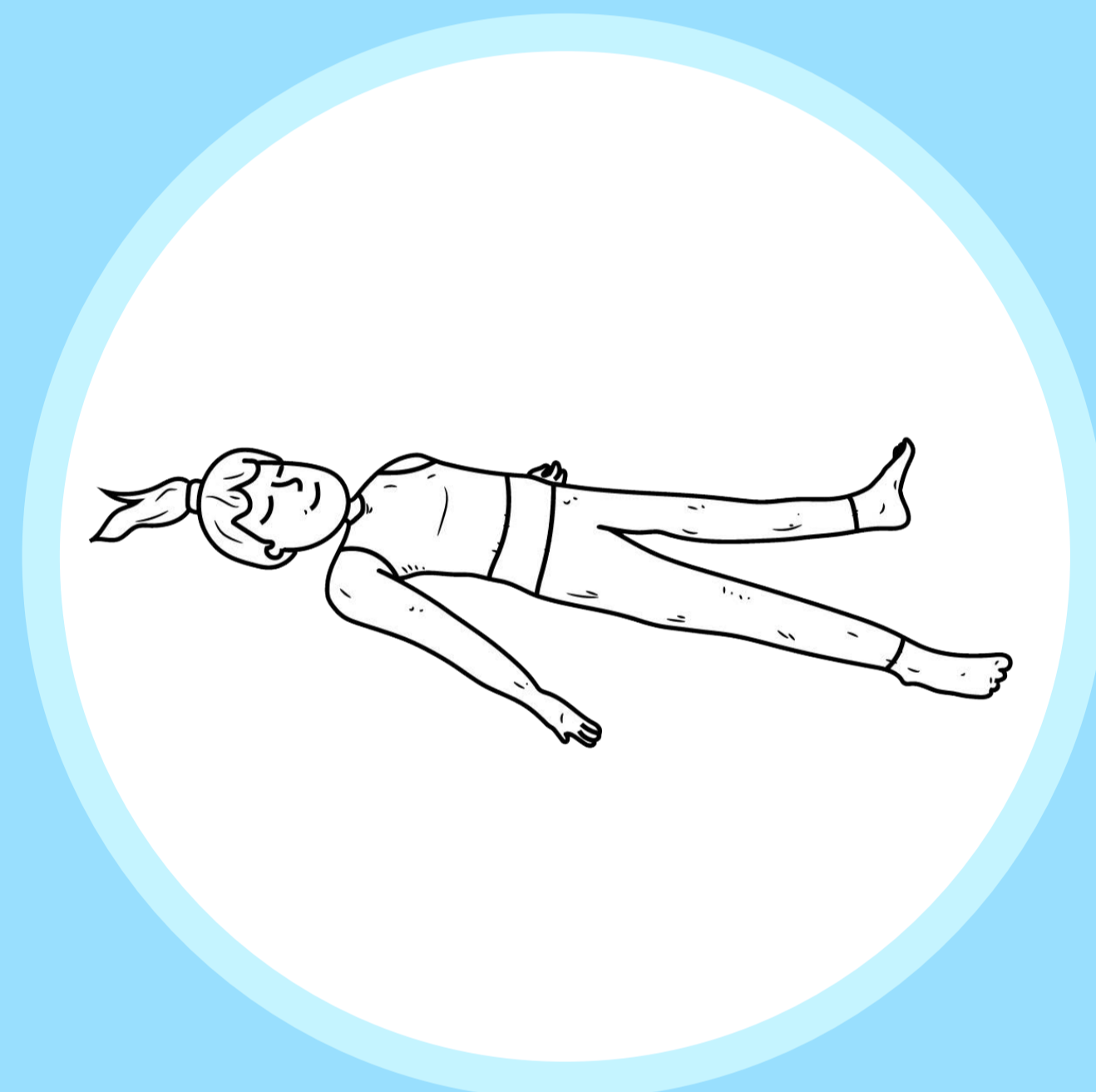
(p. 2 of 8)



Meditation&



Nādī Śodhana Without Retention



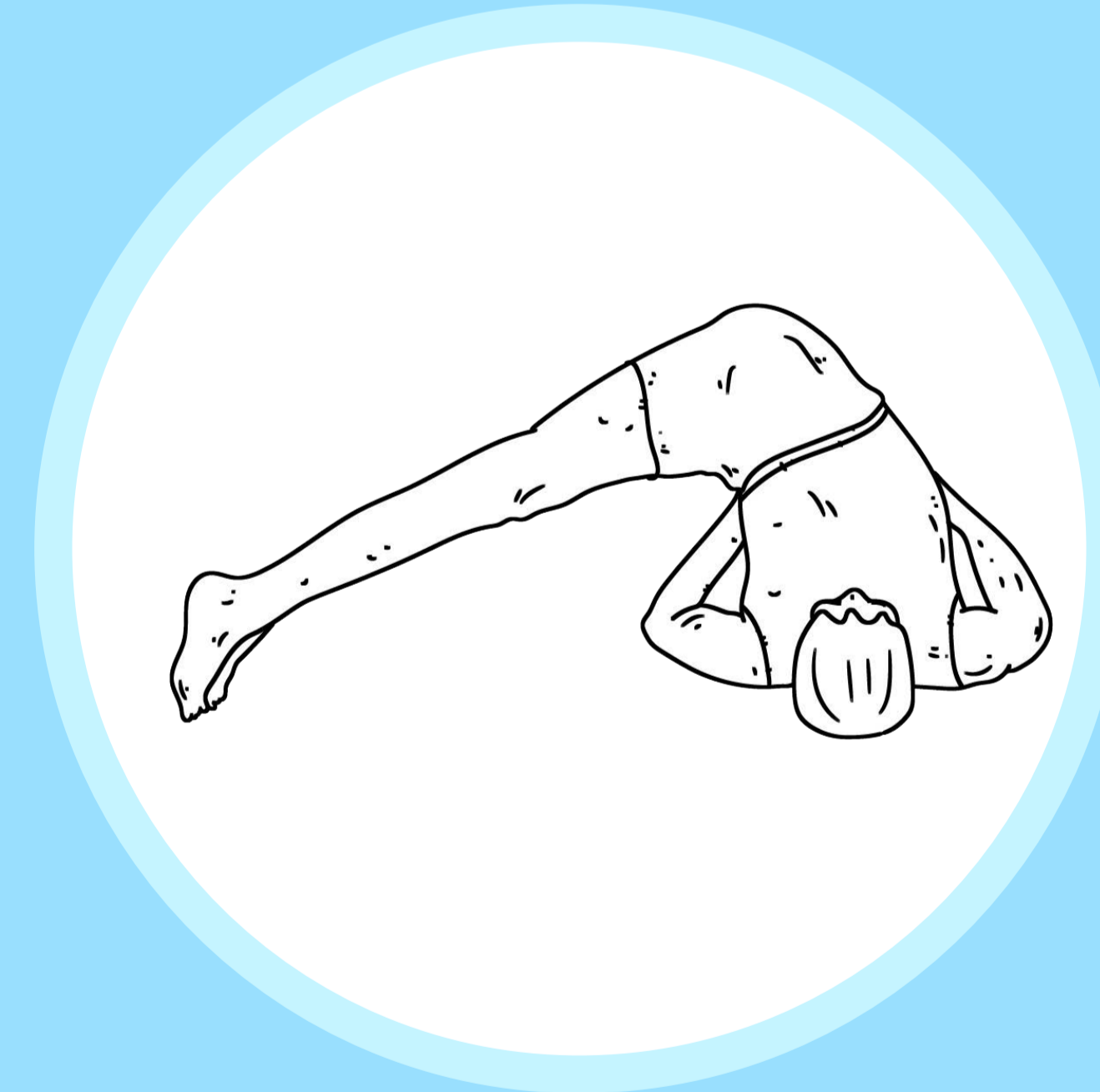
Śavāsana
(corpse)&



Ujjayi Pranayama&



Virasana
(hero)



Pārśva Halāsana
(side plow)

& especially good for sperm health

*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

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

Male Fertility and Urine Health*

(p. 3 of 8)



Nādi Śodhana with
Antara Kumbhaka@



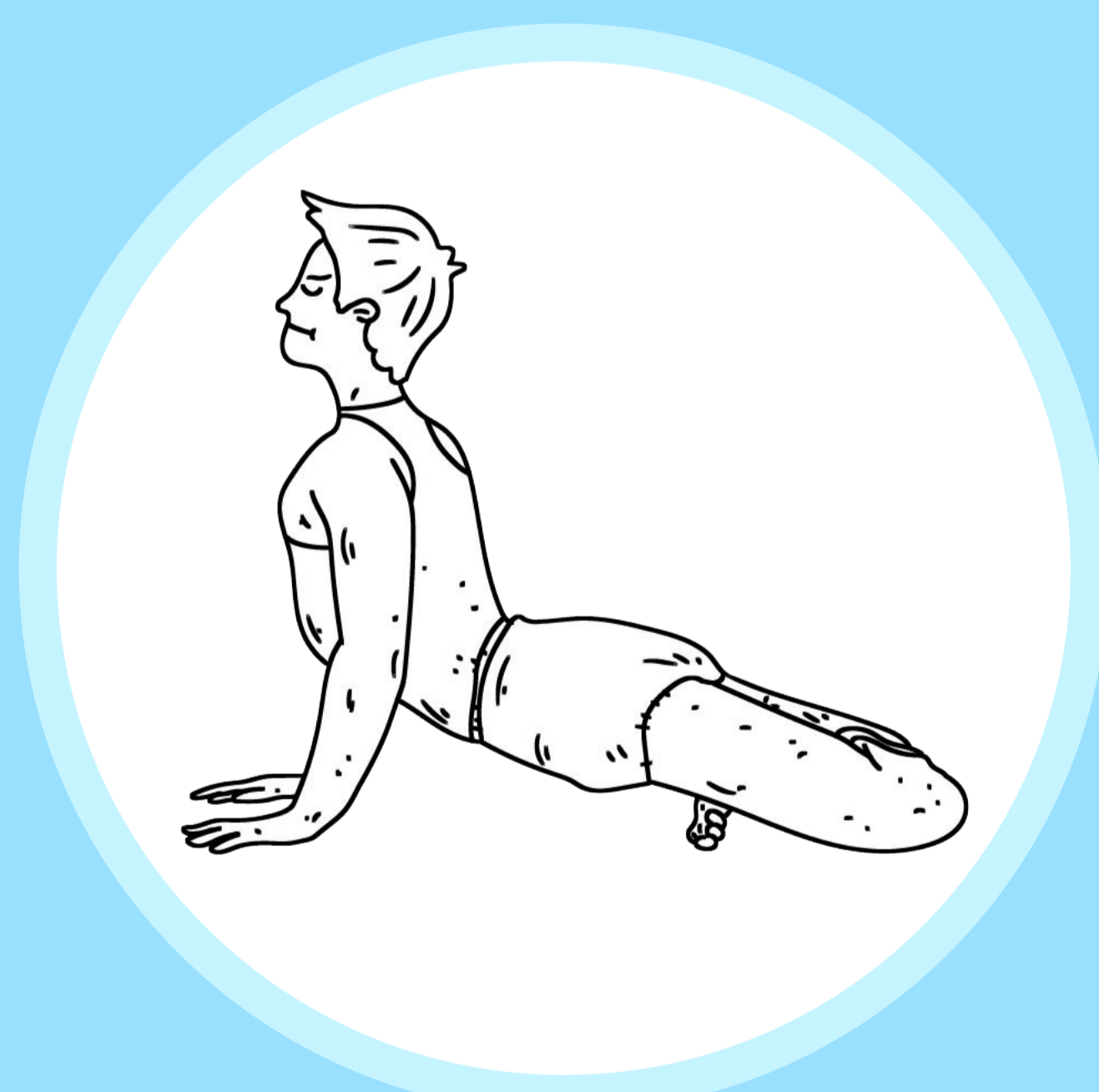
Bahya Kumbhaka@



Supta Virasana
(reclining horse)@



Matsyāsana
(fish)@



Simhāsana II
(lion)@



Apana Mudra@

@ especially good for displaced urinary difficulties.

*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

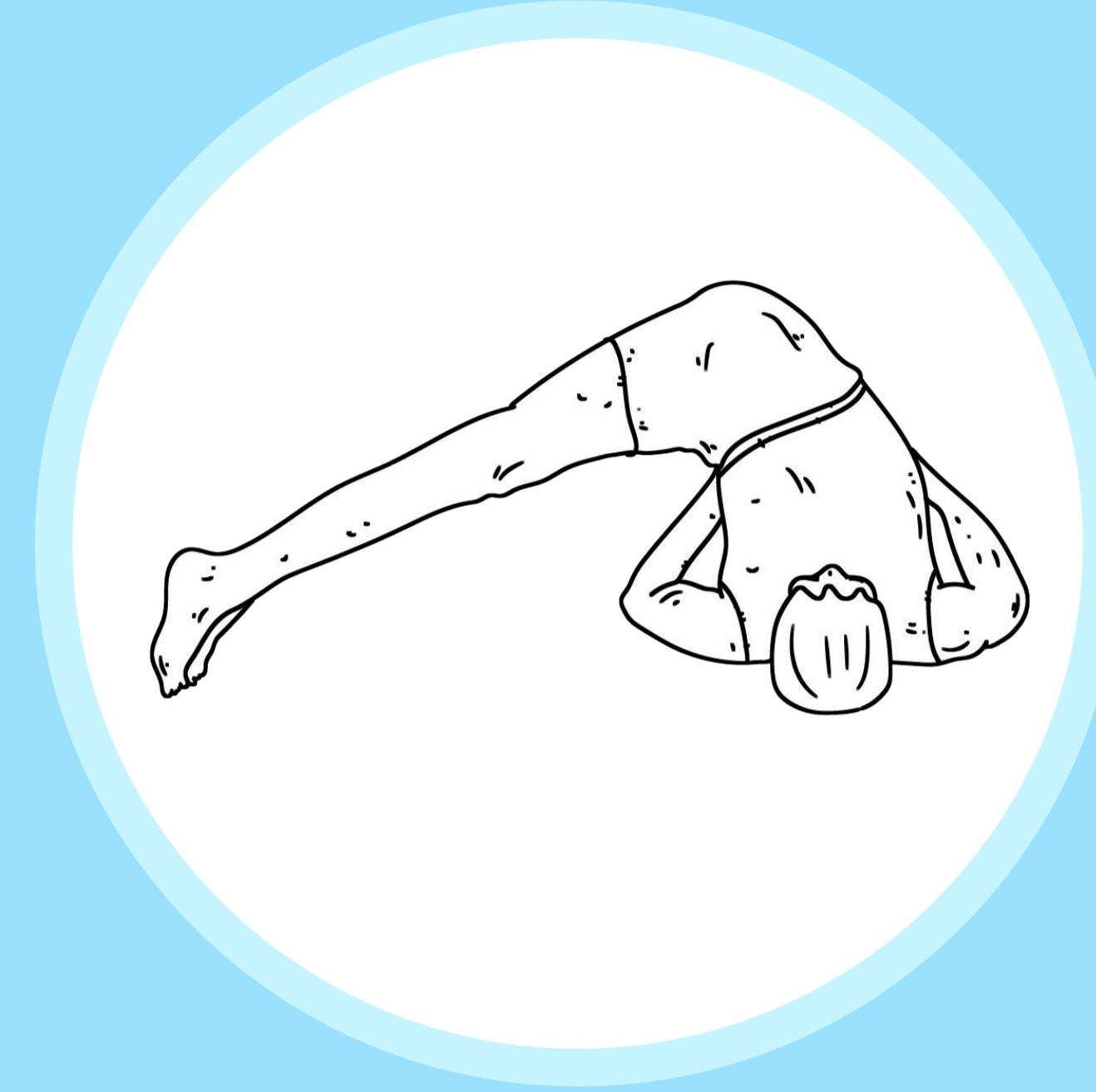
This content has not been reviewed by a doctor. This is not medical advice. Please discuss any yoga program and supplements with your doctor to see if it's right for you, your body, and your condition. Learning yoga postures online without a live, qualified teacher is risky. Please find a good teacher and work with them live. Most poses shown are very advanced and modification will be required for each body type. Investinprana.com

Male Fertility and Urine Health*

(p. 4 of 8)



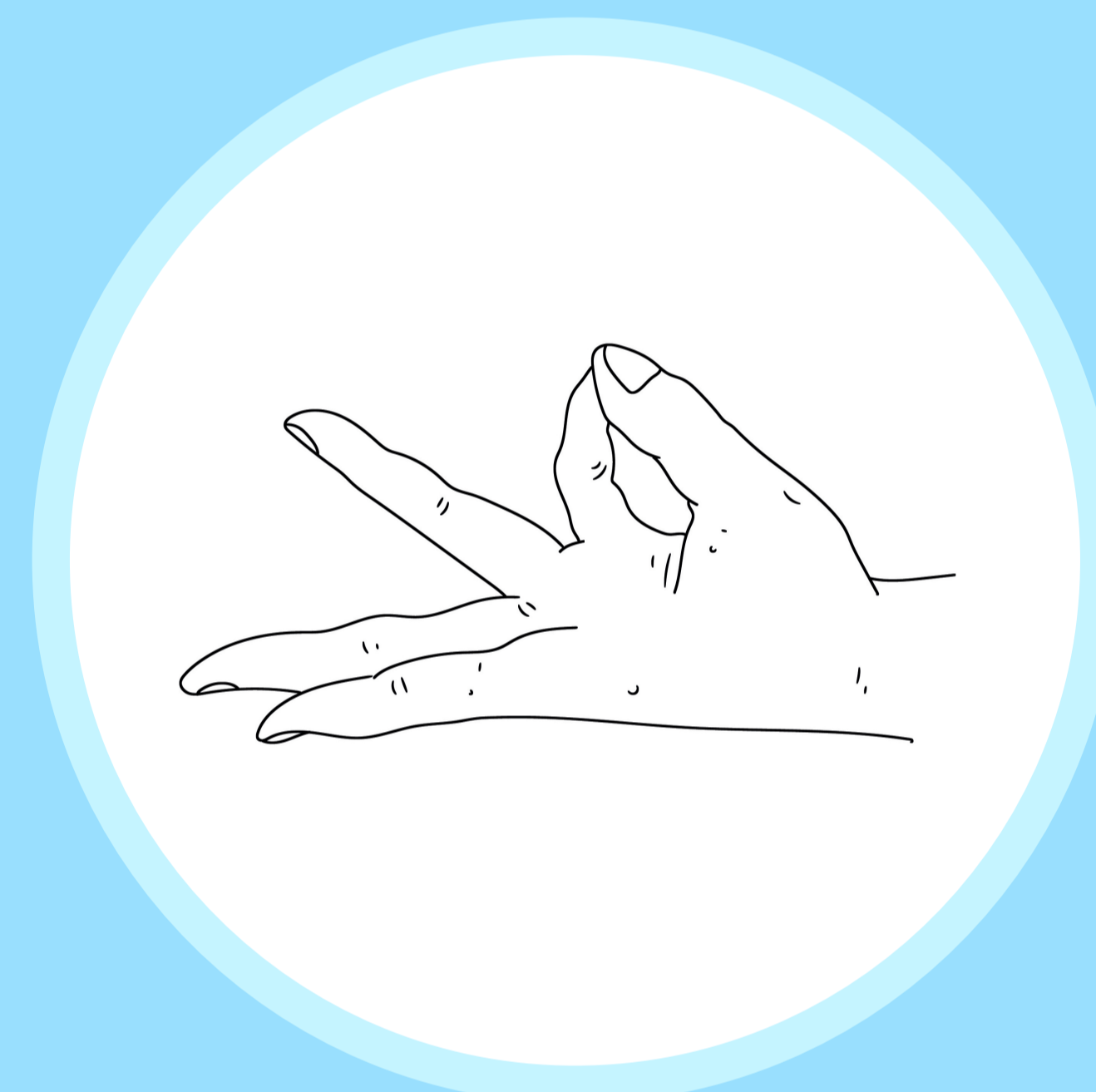
Jānu-Śīrṣāsana
(head to knee)



Pārśva Halāsana
(side plow)



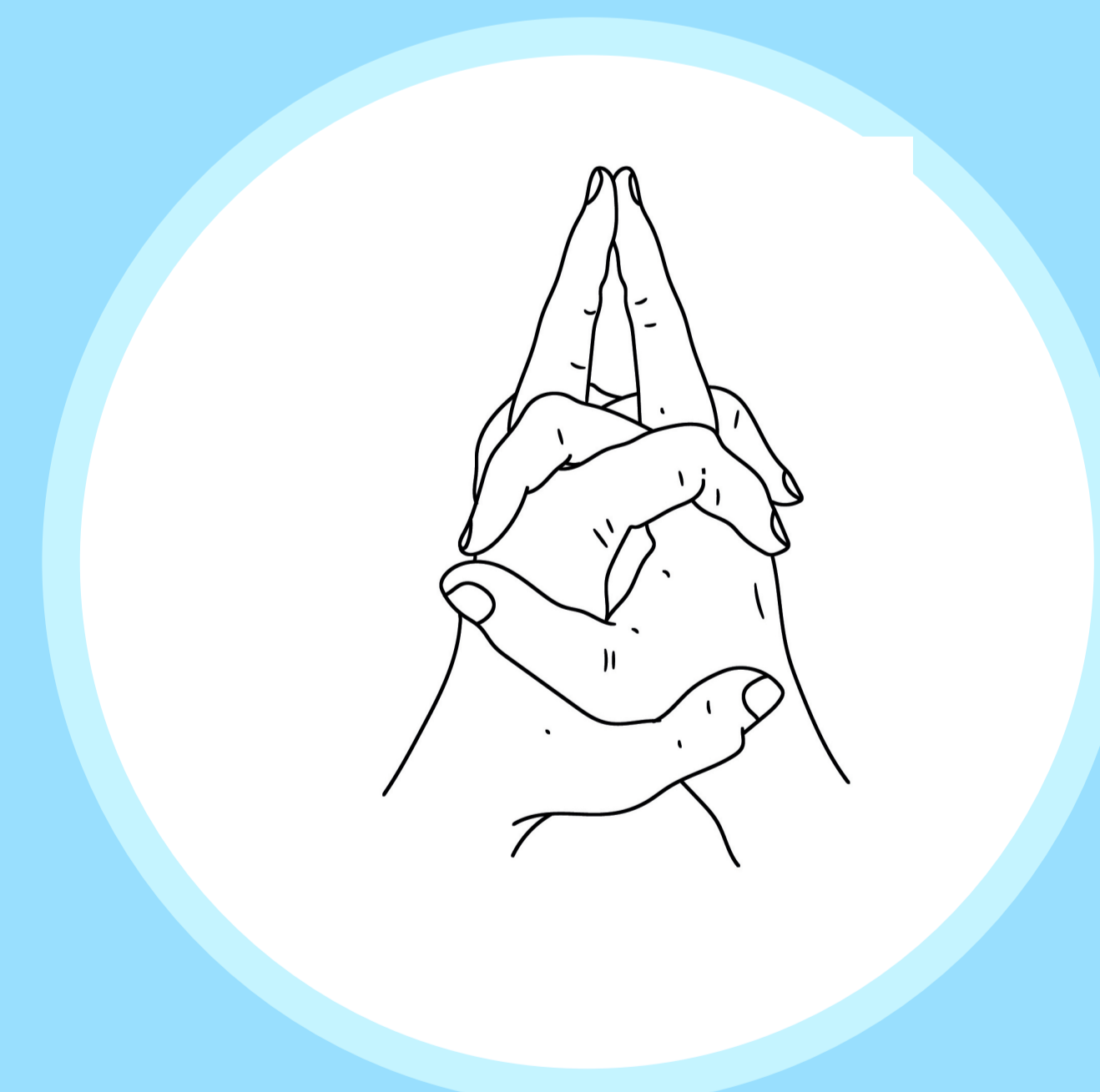
Bearberry@



Bhudi Mudra@



Drinking Pear@



Matangi Mudra
(in front of solar plexus)@

@ especially good for displaced urinary difficulties.

*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

Male Fertility and Urine Health*

(p. 5 of 8)



Nādī Śodhana
(alternate nostril breathing)+



Vāmadevāsana I
(sage)+



Padmāsana
(lotus)+



Adhomukha Vr̥kṣāsana
(handstand)+



Pincha Mayūrāsana
(peacock feather)+



Adhomukha Śvānāsana
(downward dog)+

+ especially good for testicle pain.

*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

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

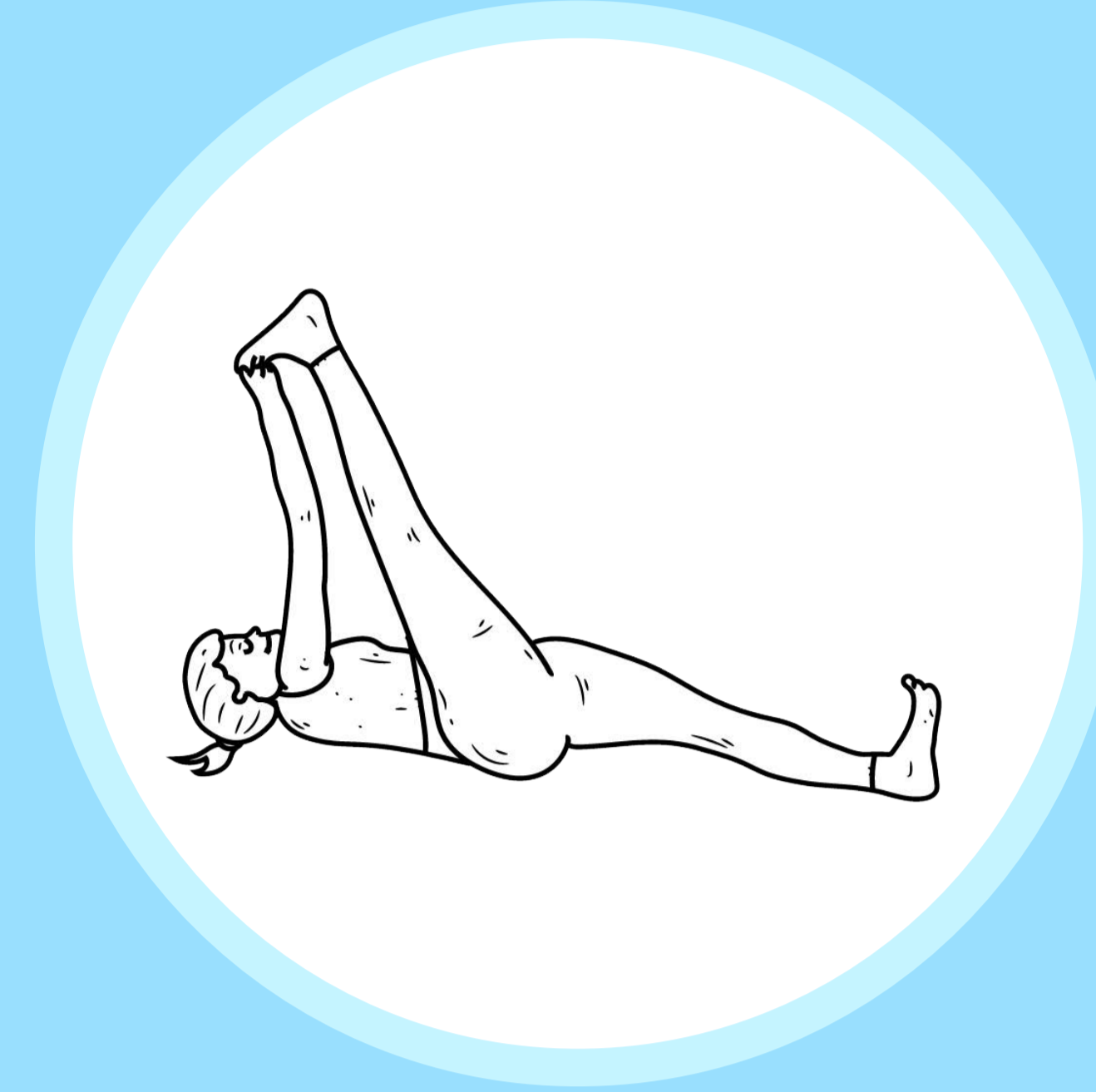
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Male Fertility and Urine Health*

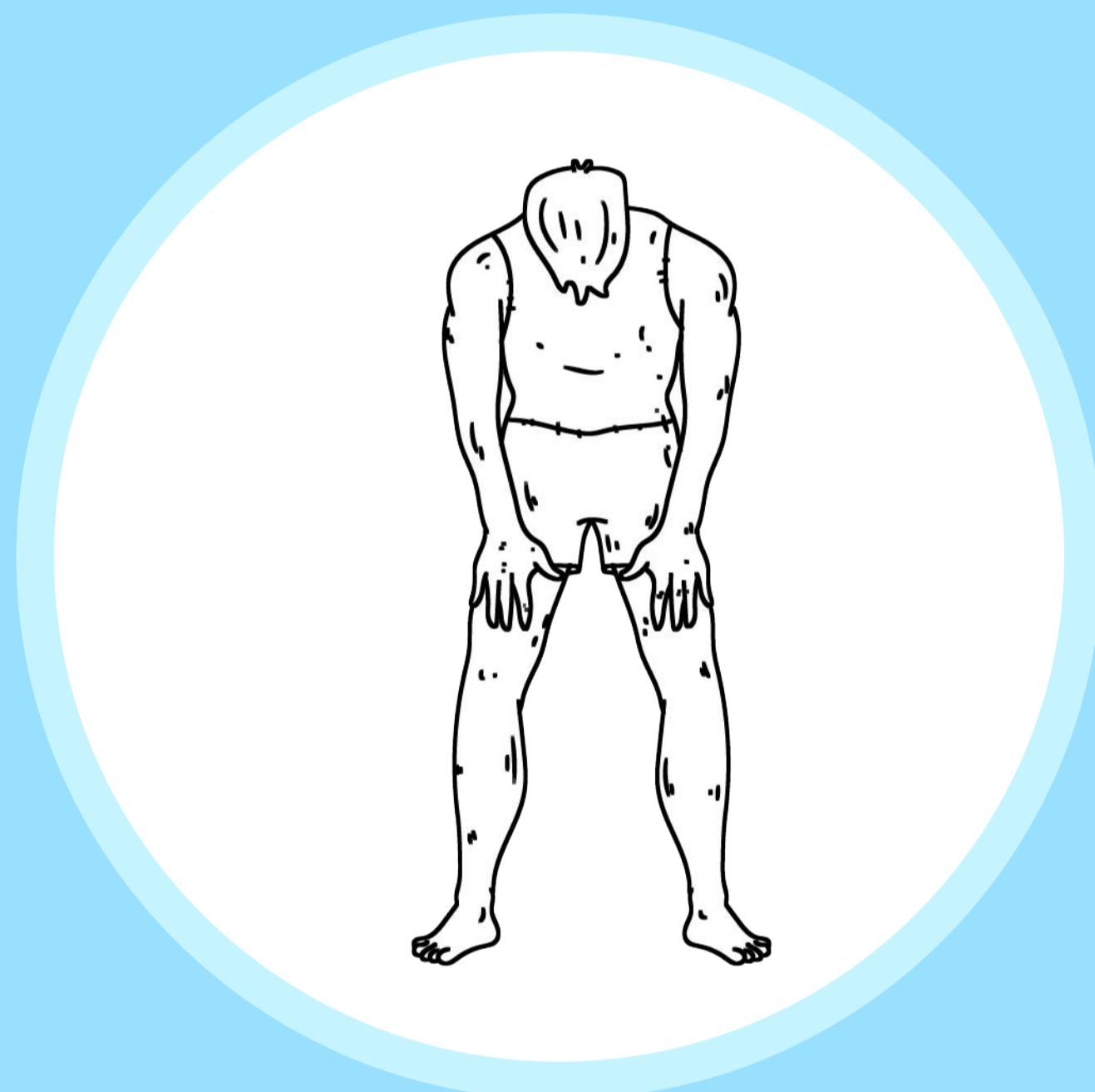
(p. 6 of 8)



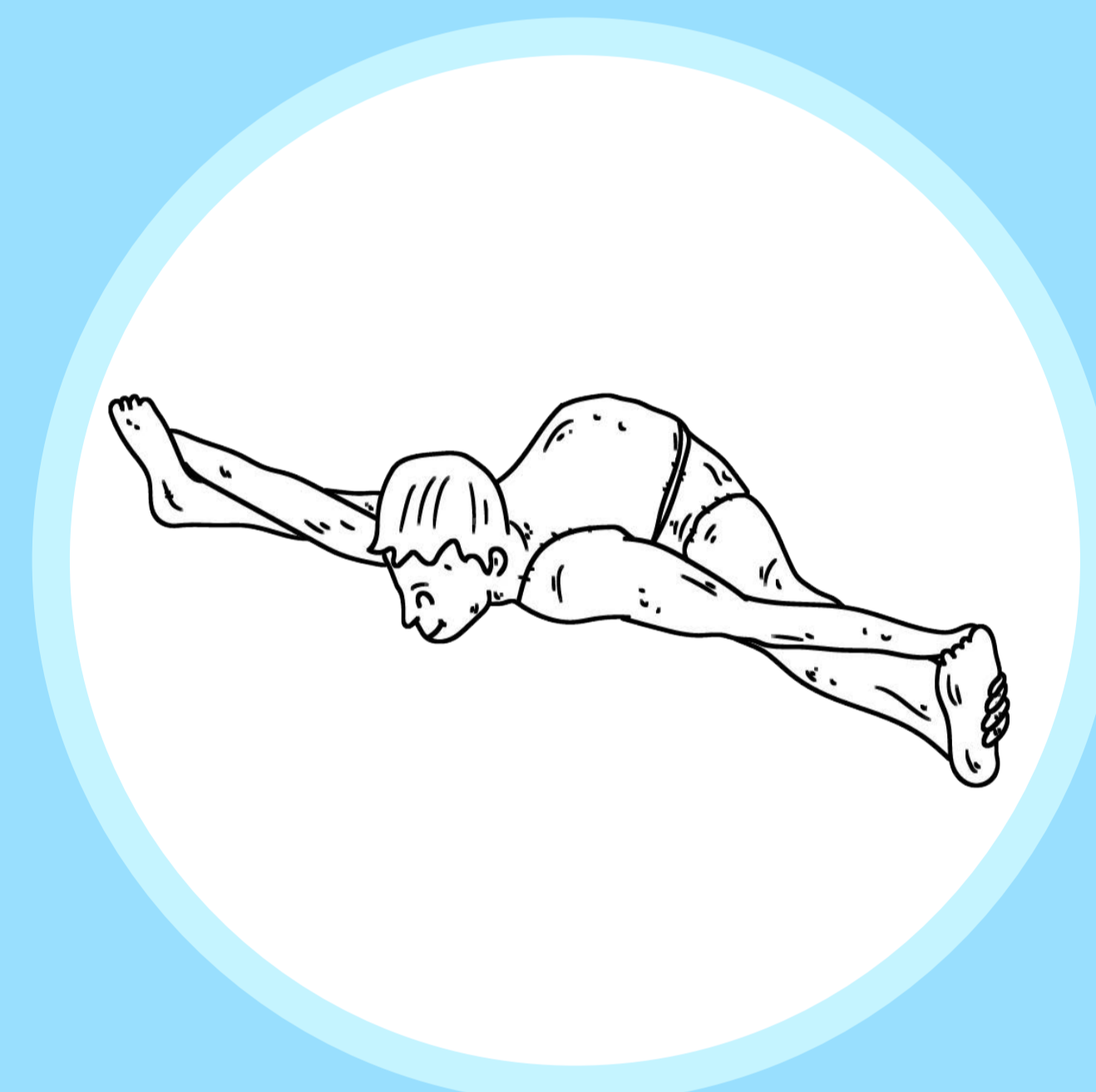
Samakoṅāsana
(even angle)+



Supta Pādānguṣṭhāsana
(reclined big toe)+



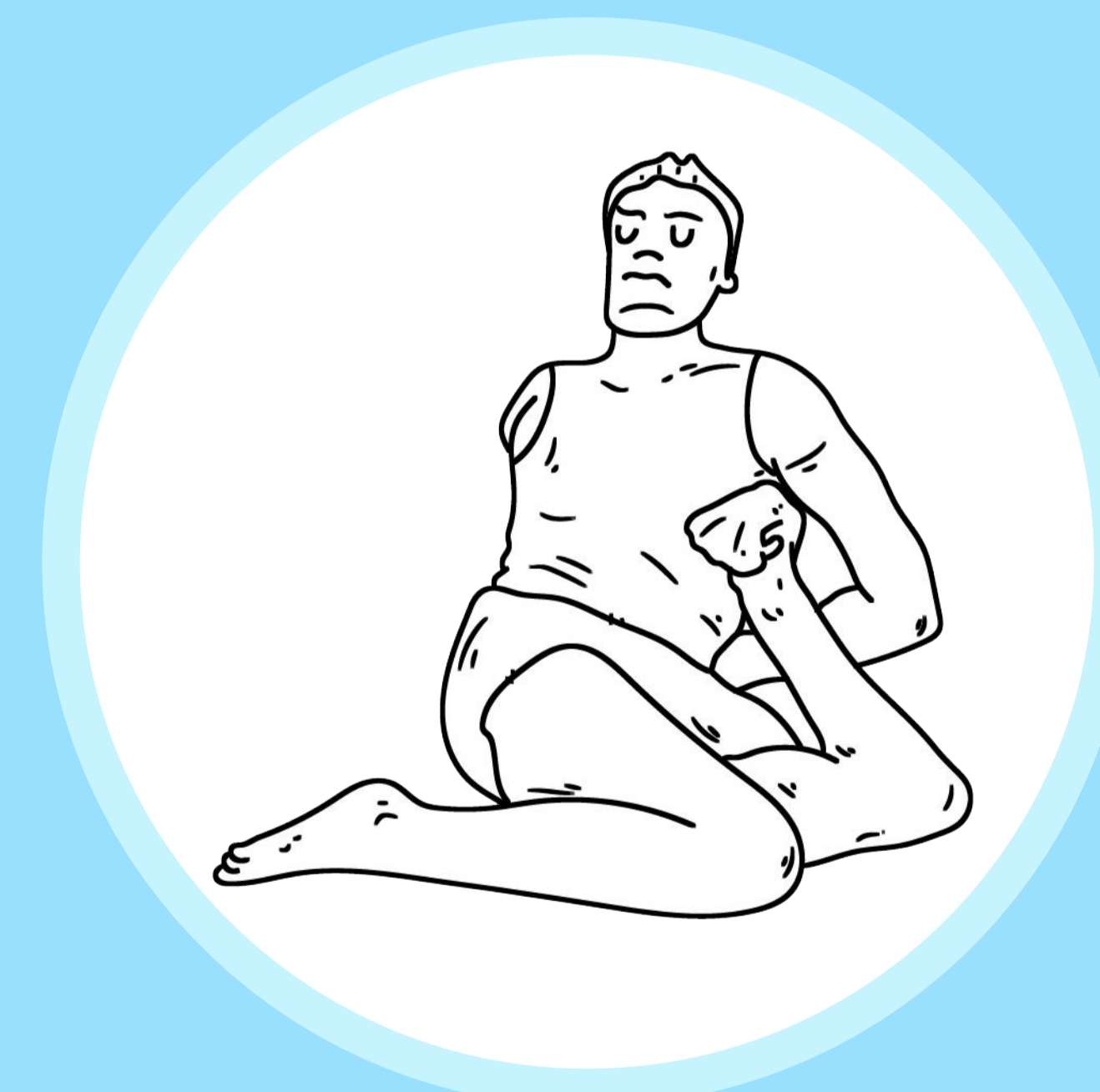
Uddiyana



Upaviṣṭha Koṅāsana
(seated angle)+



Hanumānāsana
(splits)



Yogadaṇḍāsana
(yoga staff pose)+

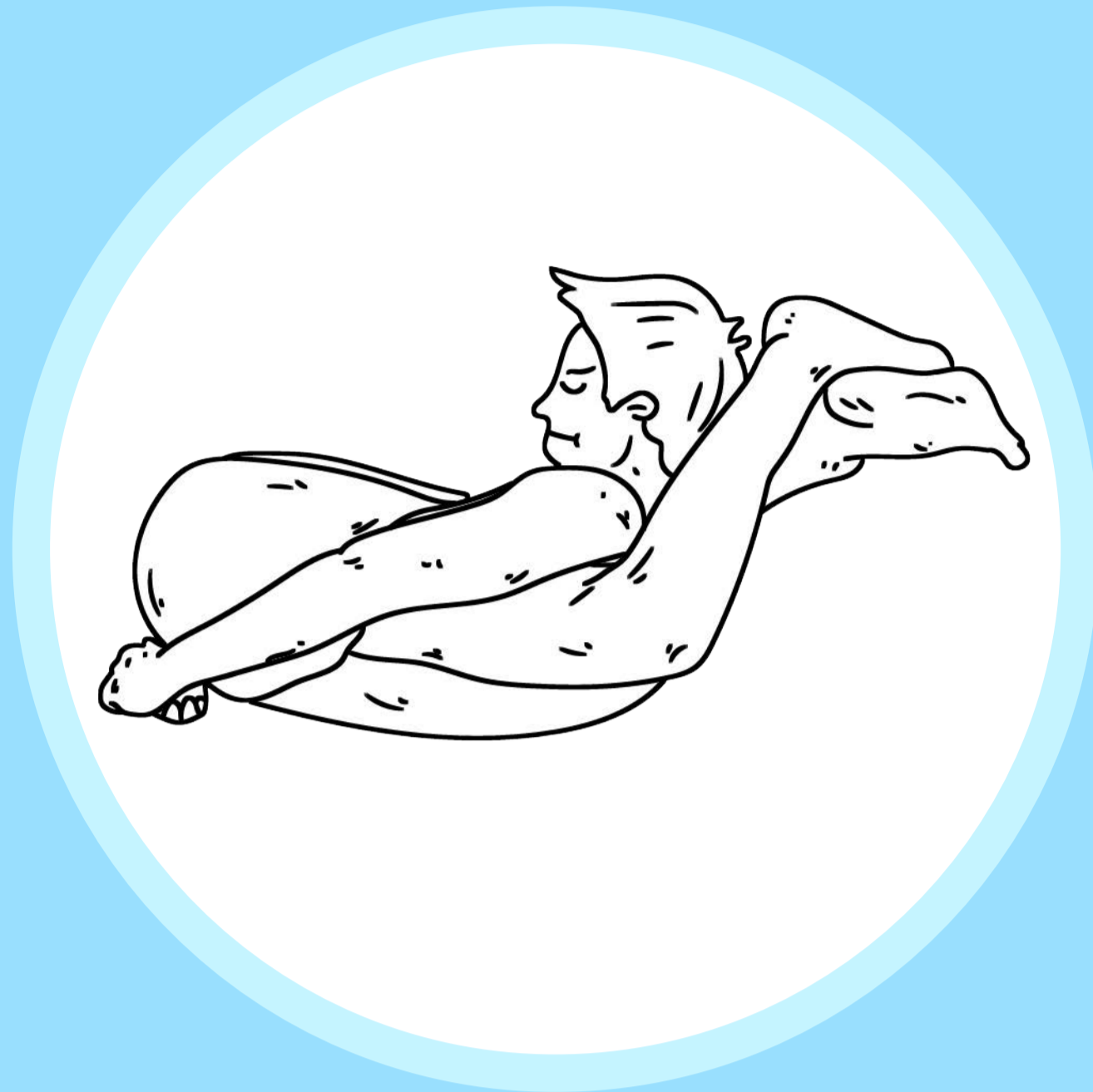
+ especially good for testicle pain.

*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

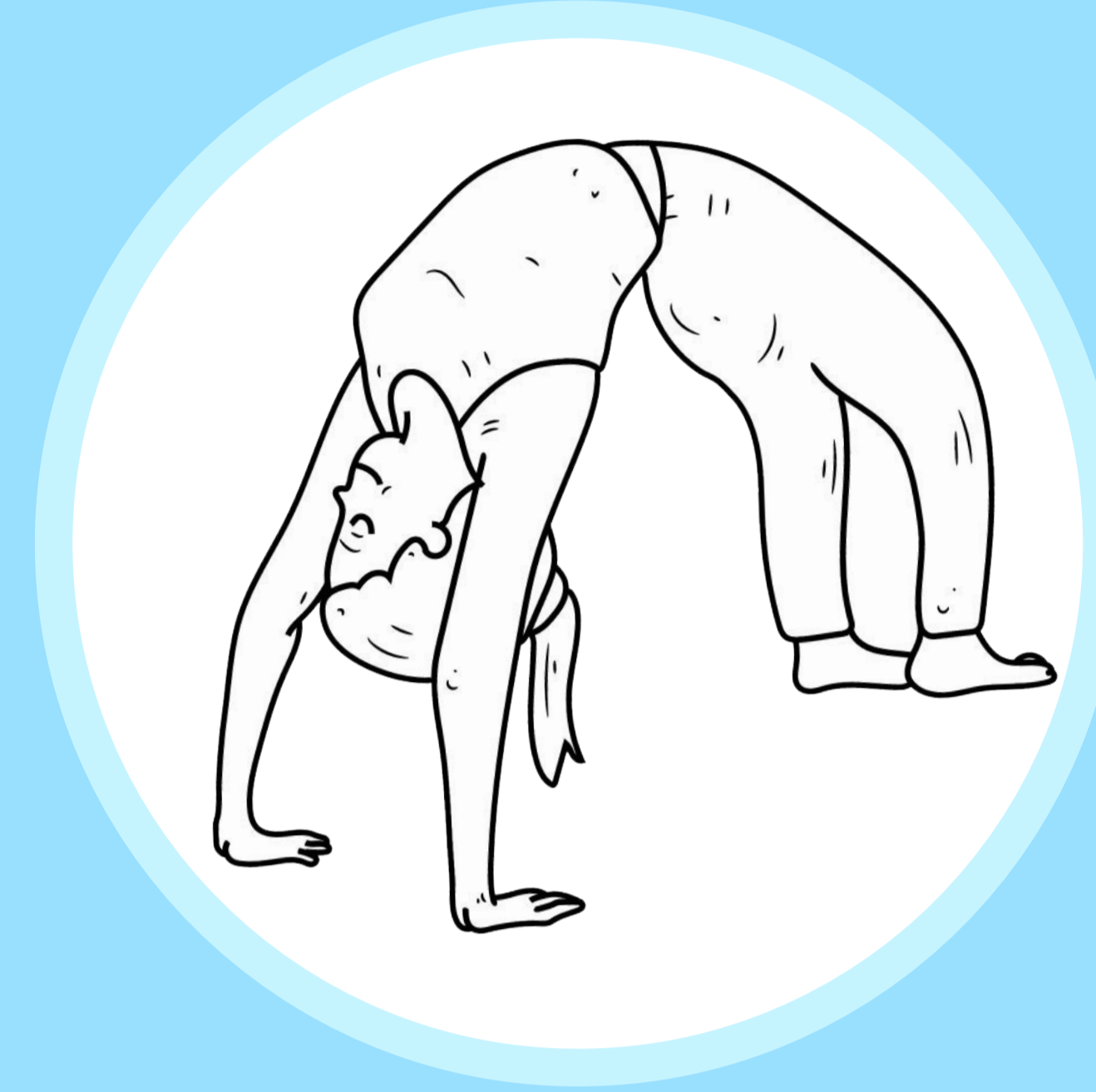
This content has not been reviewed by a doctor. This is not medical advice. Please discuss any yoga program and supplements with your doctor to see if it's right for you, your body, and your condition. Learning yoga postures online without a live, qualified teacher is risky. Please find a good teacher and work with them live. Most poses shown are very advanced and modification will be required for each body type. Investinprana.com

Male Fertility and Urine Health*

(p. 7 of 8)



Yoganidrasna
(state between sleep and wakefulness)#



Chakrāsana
(wheel)#



Dwipāda Viparīta Daṇḍāsana
(two-legged inverted staff)#



Pāśāsana
(cord)#



Ardha Marīchyāsana I
(bound forward fold)#



Uttānāsana
(forward fold)#

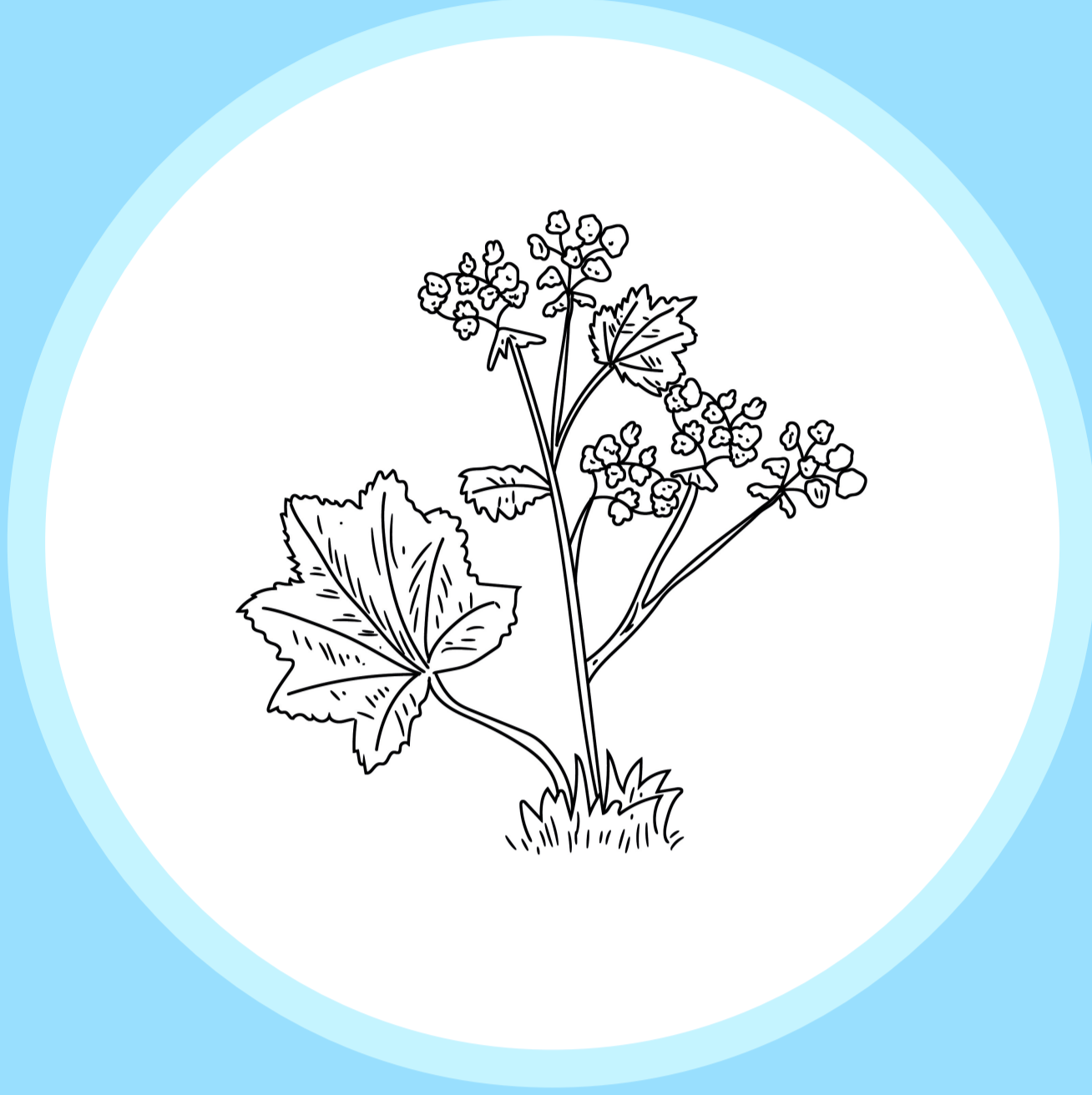
especially good for erectile dysfunction.

*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.

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

Male Fertility and Urine Health*

(p. 8 of 8)



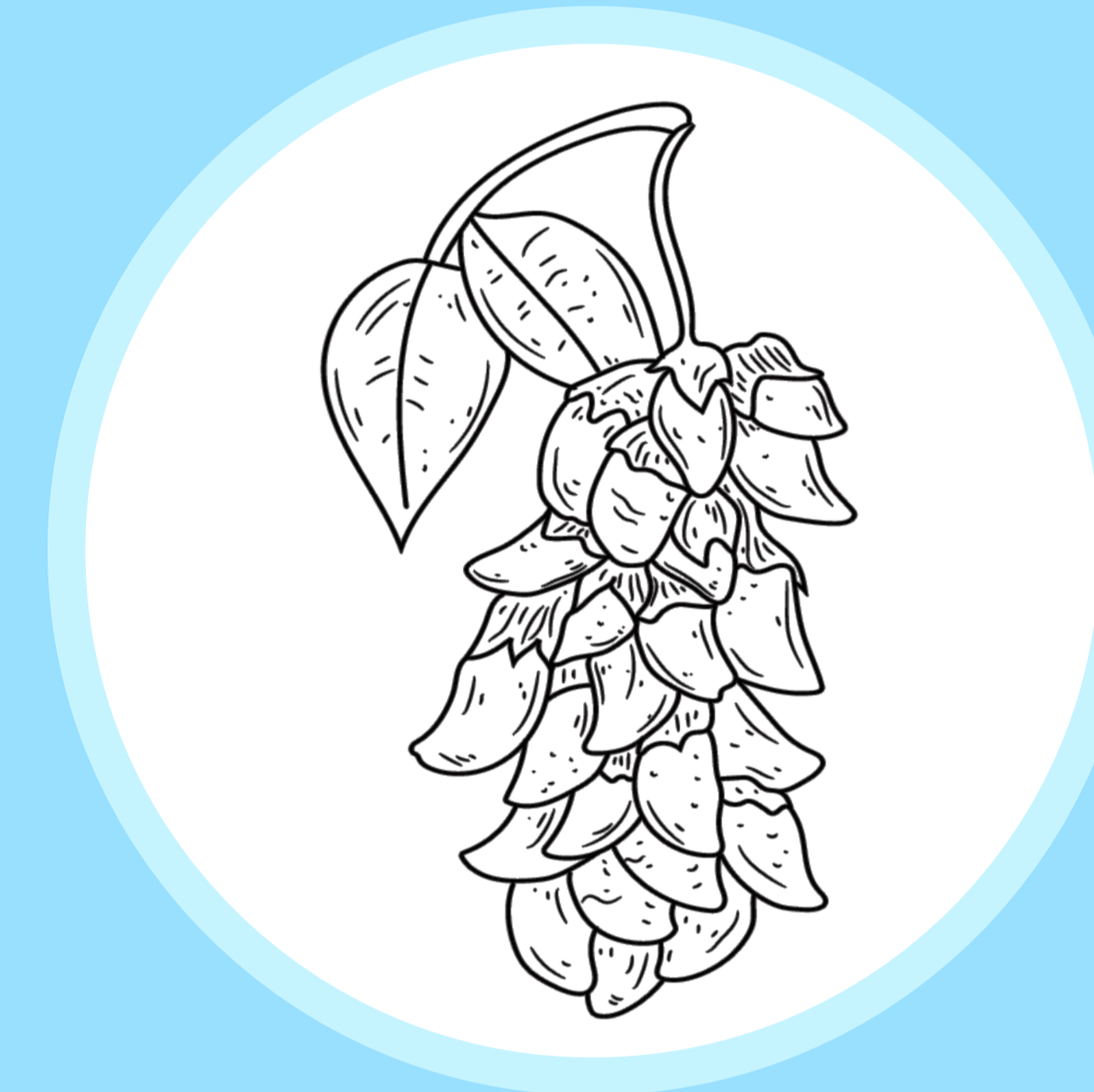
Lady's Mantle#



Kundalini Mudra#



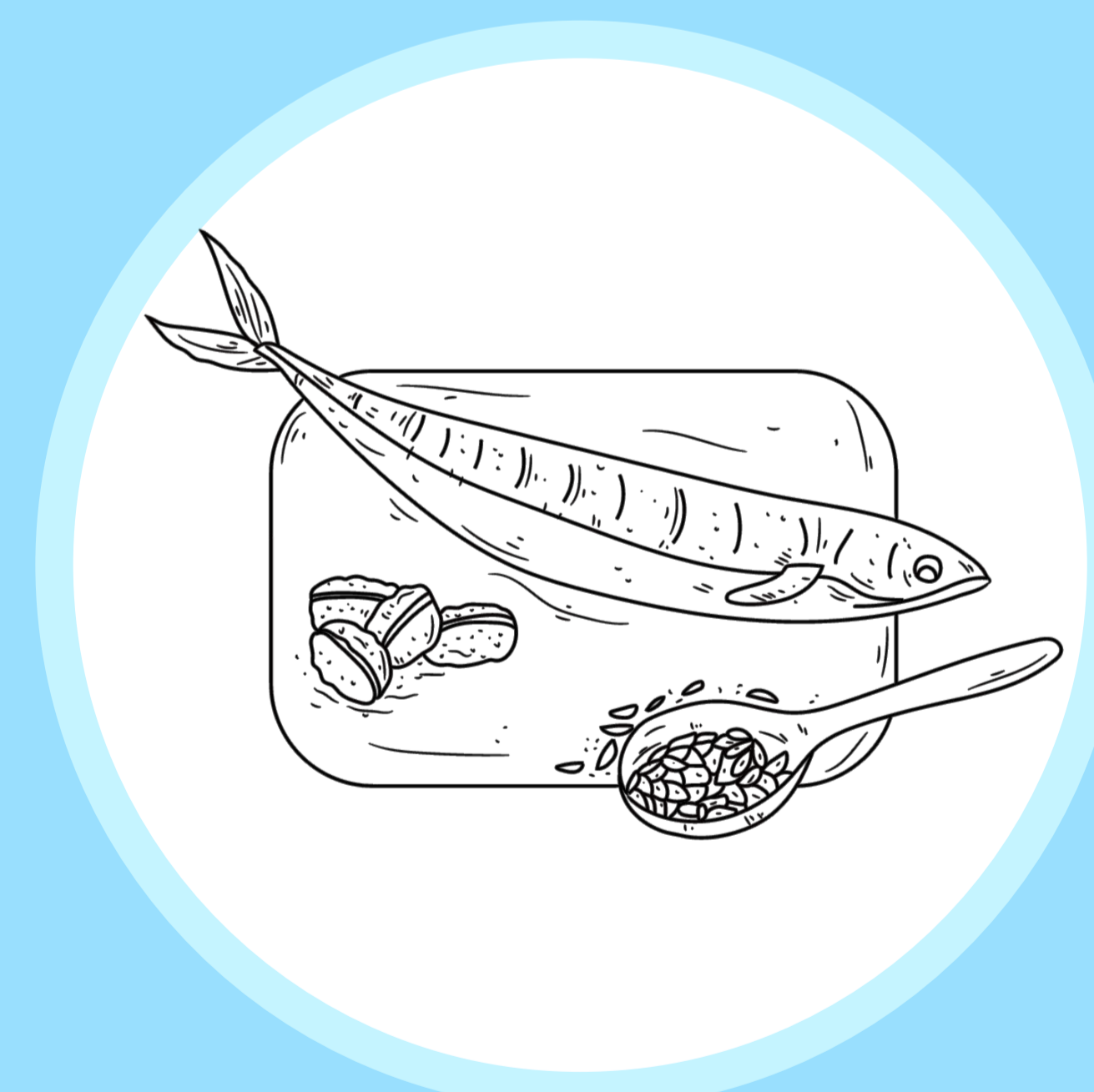
Tribulus Terrestris#



Red Velvet Bean Plant#



Grapes#



Omega 3s#

especially good for erectile dysfunction.

*Includes infertility, erectile dysfunction, testicle pain, and urinary tract problems.