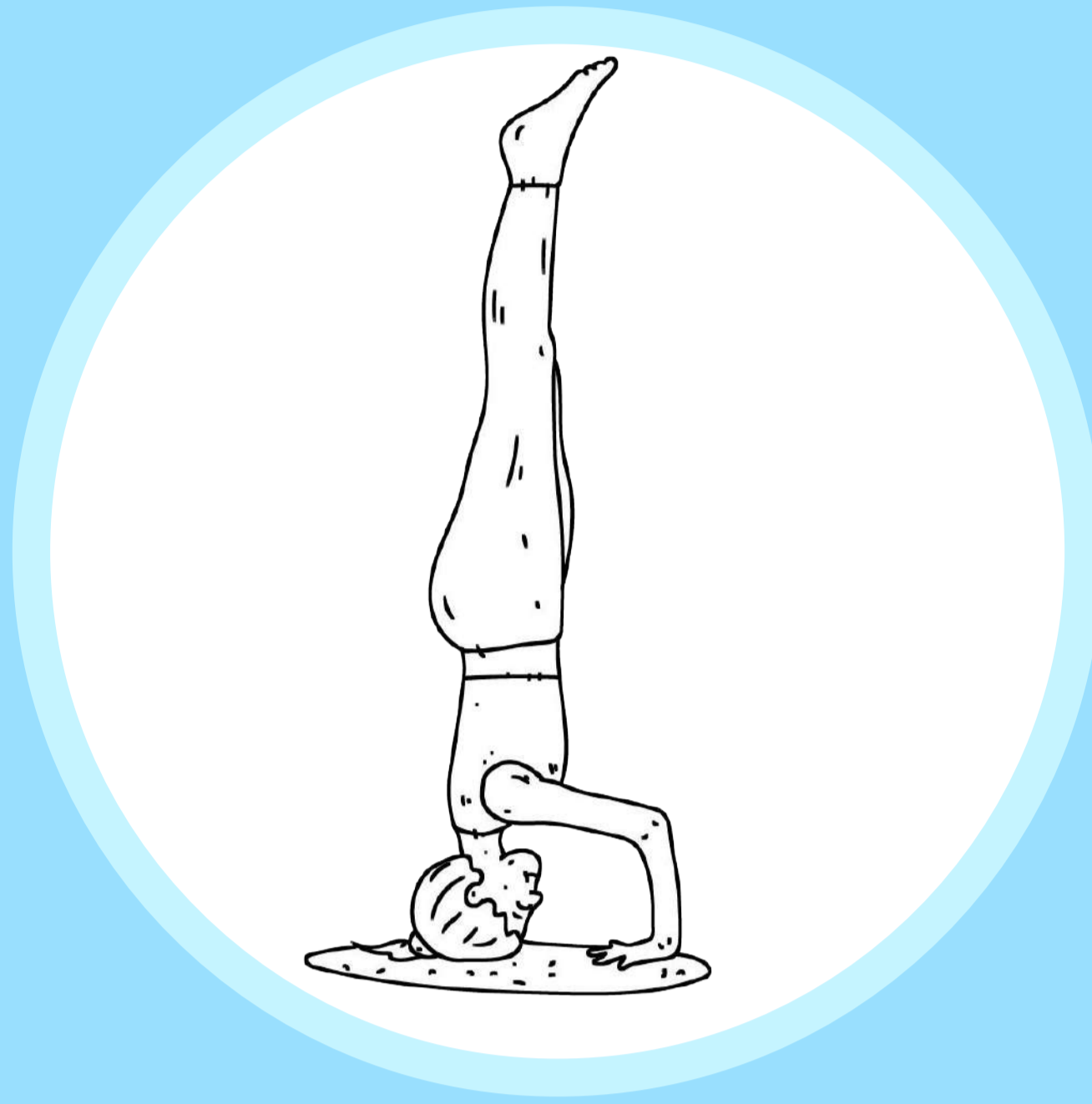
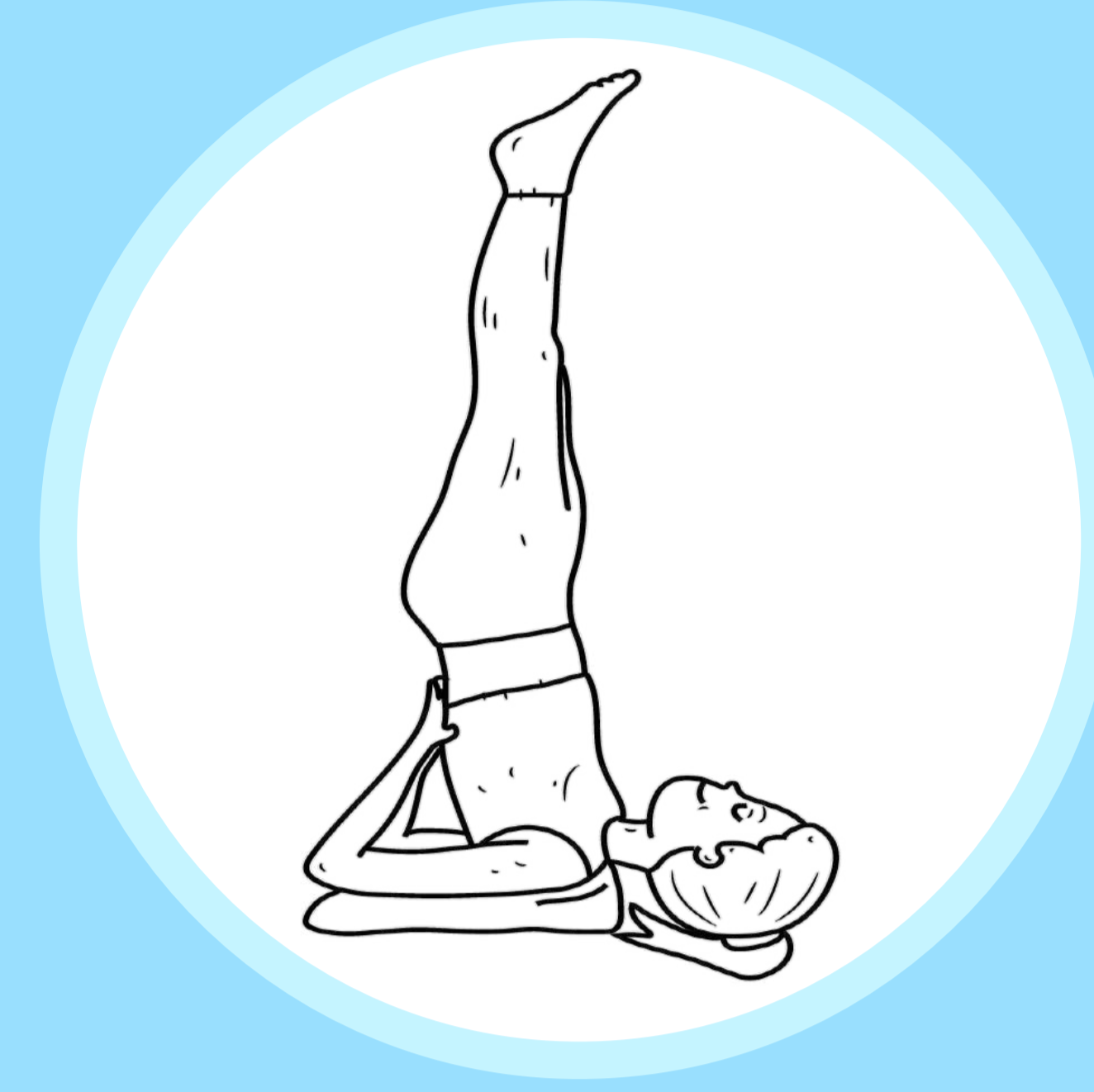


Eyes (p. 1 of 4)



Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



Uttānāsana
(forward fold)



Paschimottānāsana
(staff)



Trāṭaka
(fire gaze)



Śanmukhi Mudra
(six mouths)

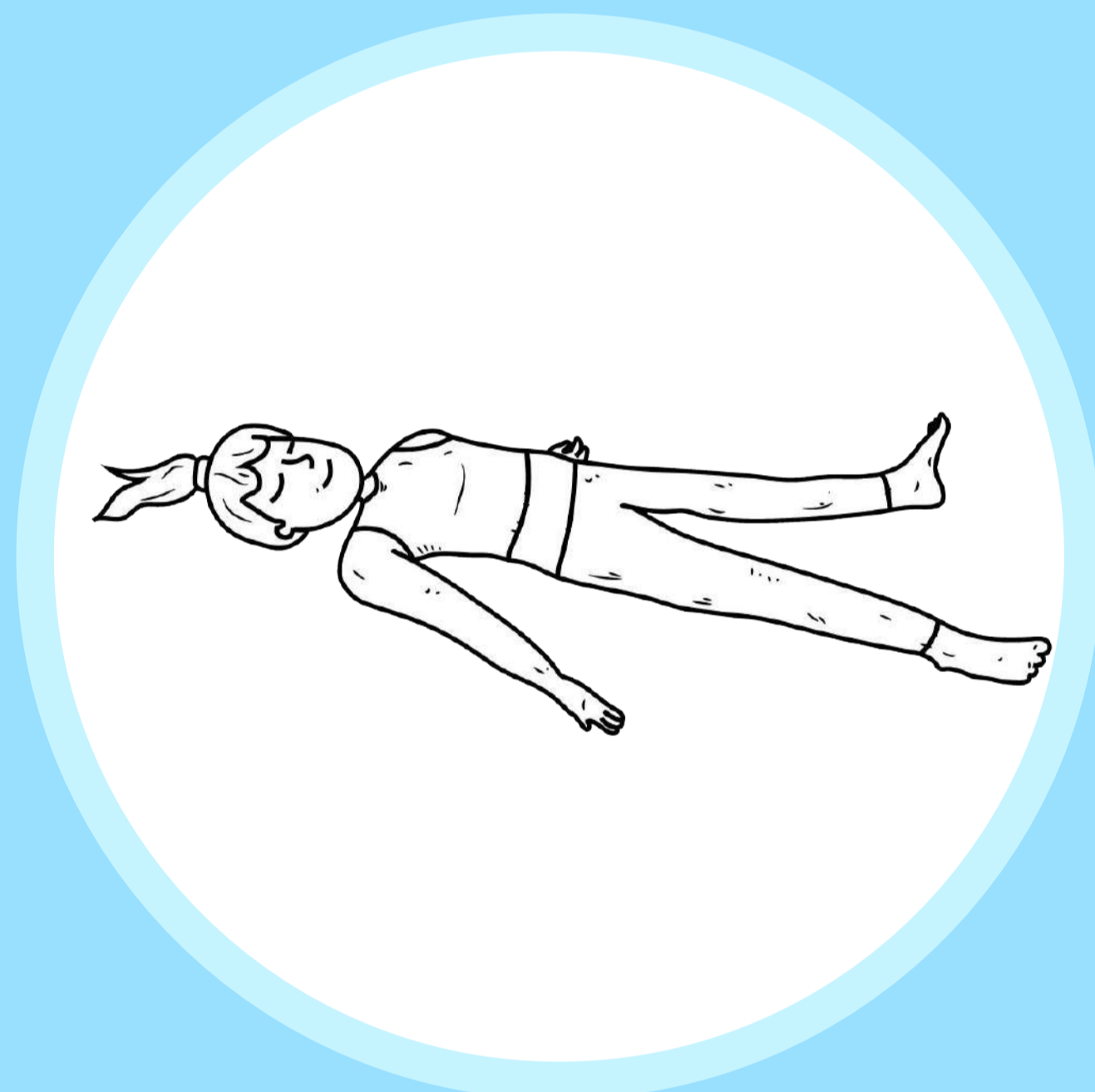
Eyes (p. 2 of 4)



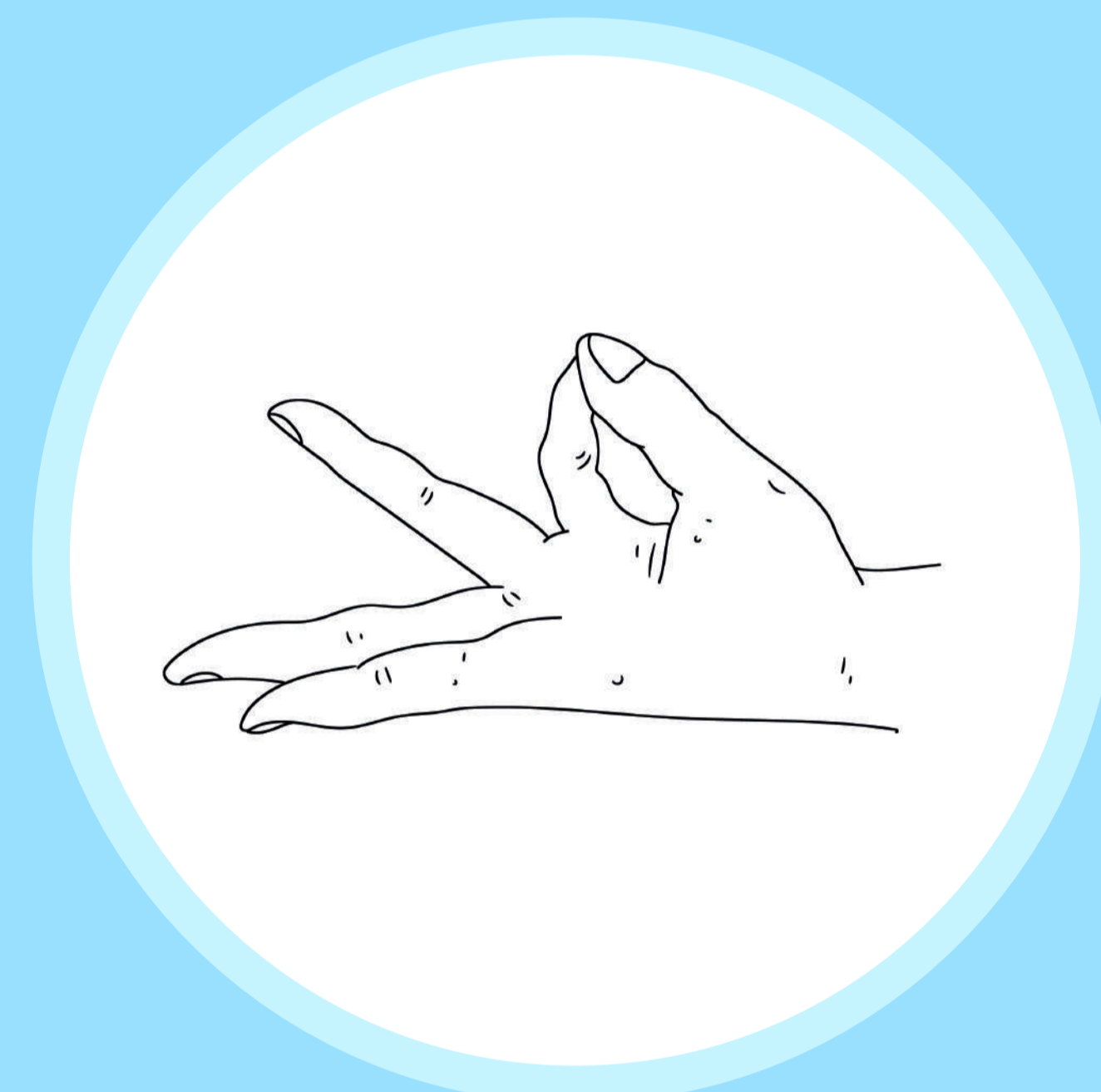
Nādi Śodhana
(alternate nostril breathing)



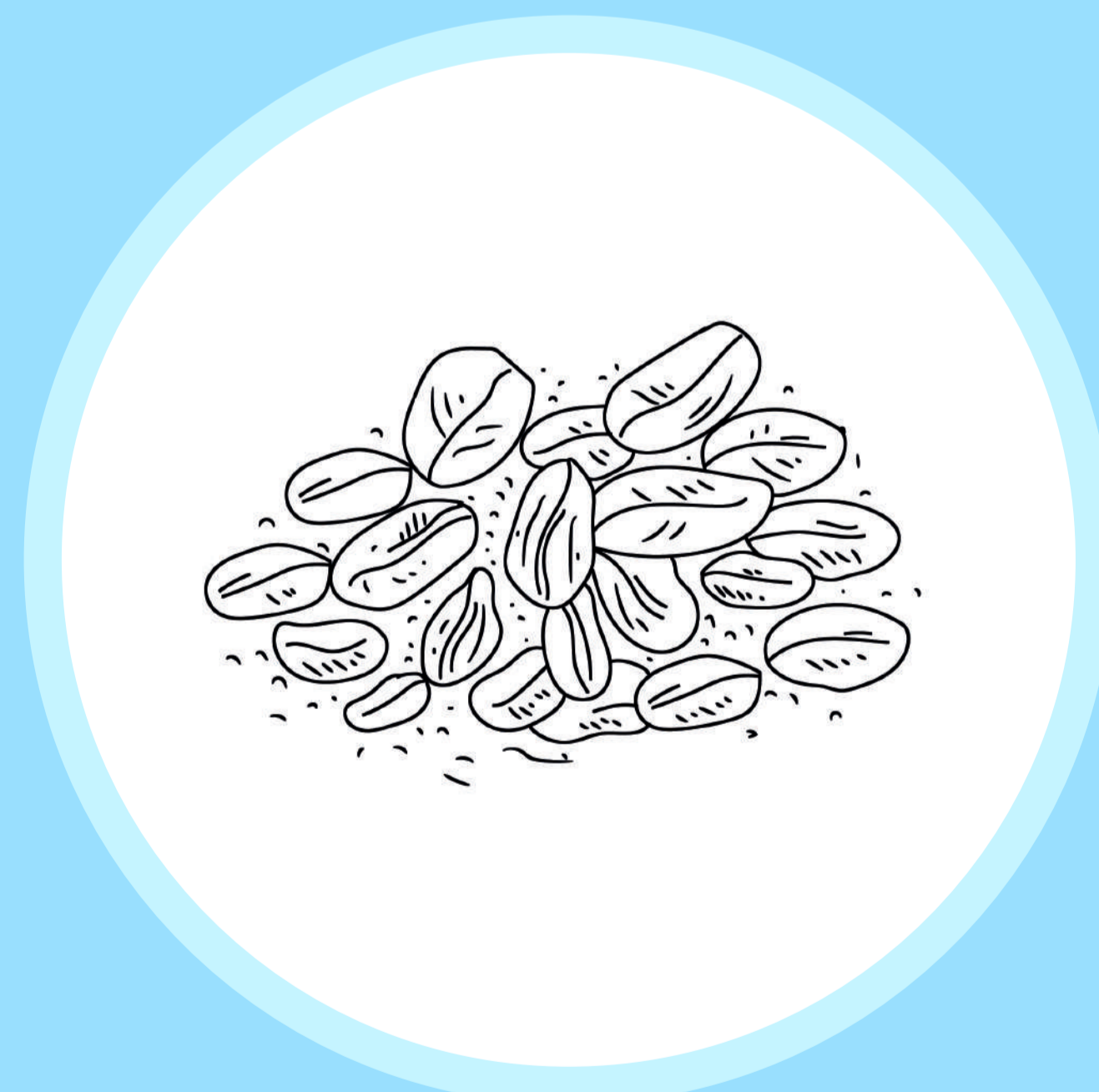
Śitali
(cooling)



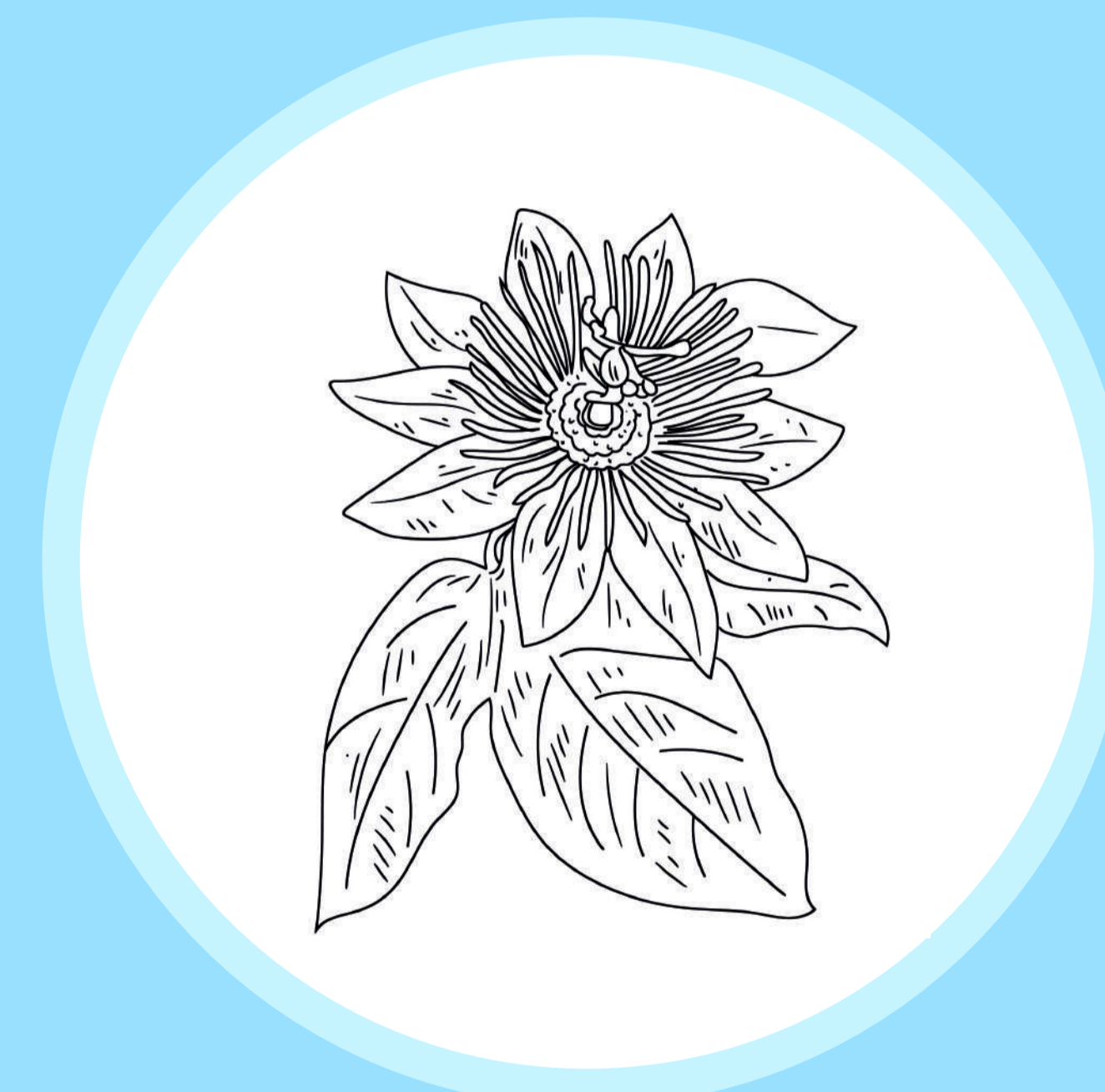
Śavāsana
(corpse)



Bhudi Mudra



Oat



Passionflower

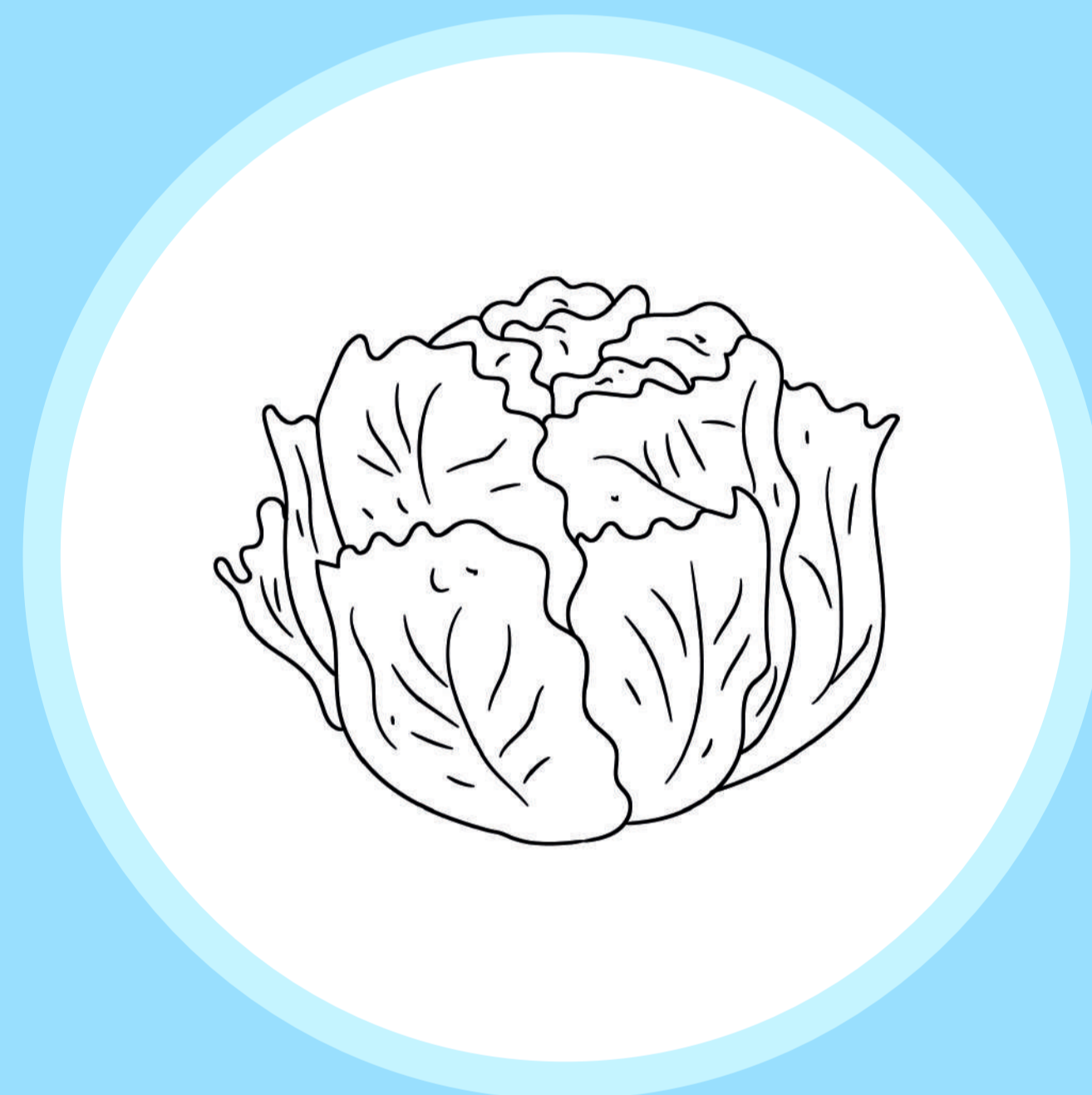
Eyes (p. 3 of 4)



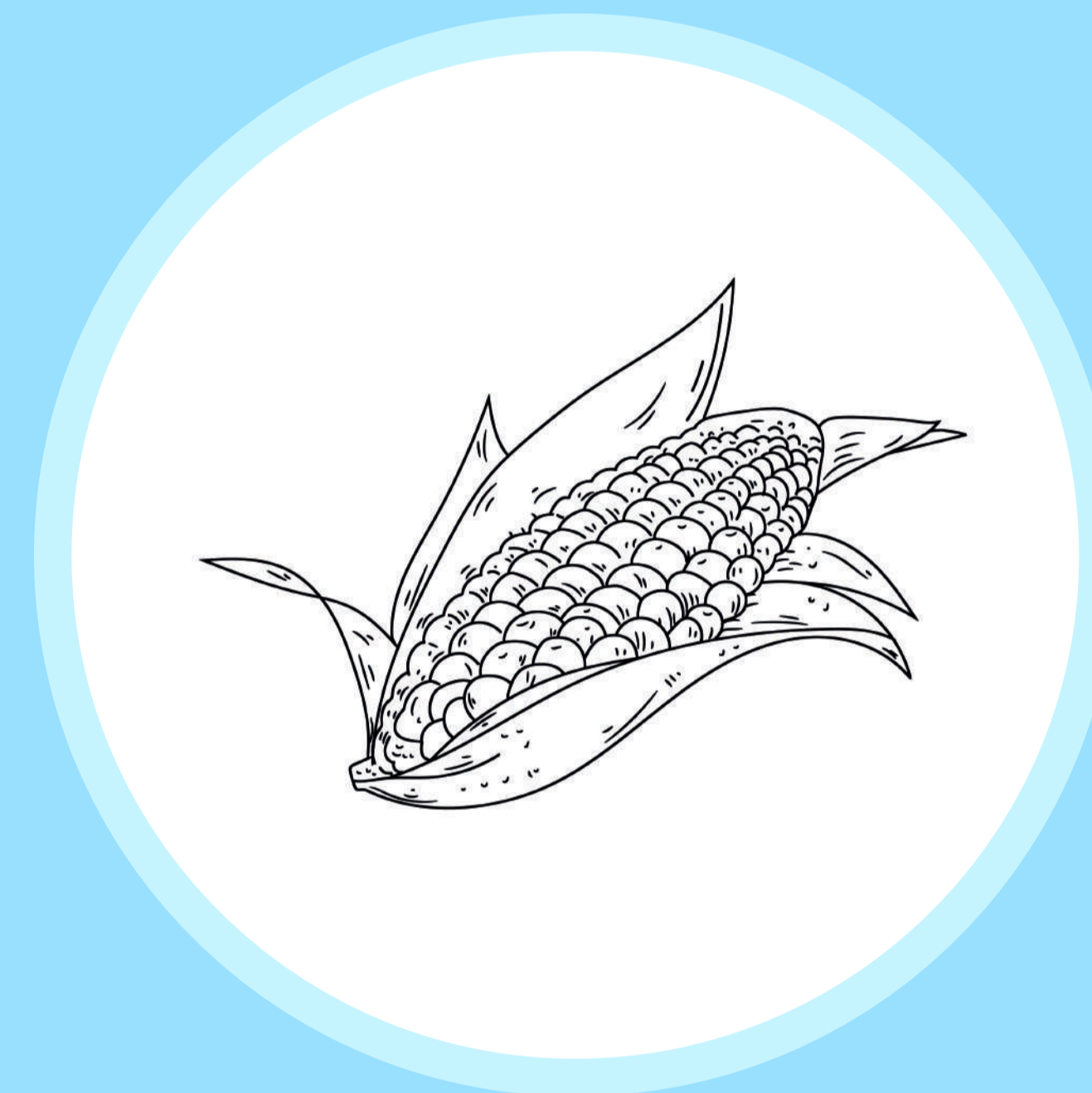
Pran Mudra



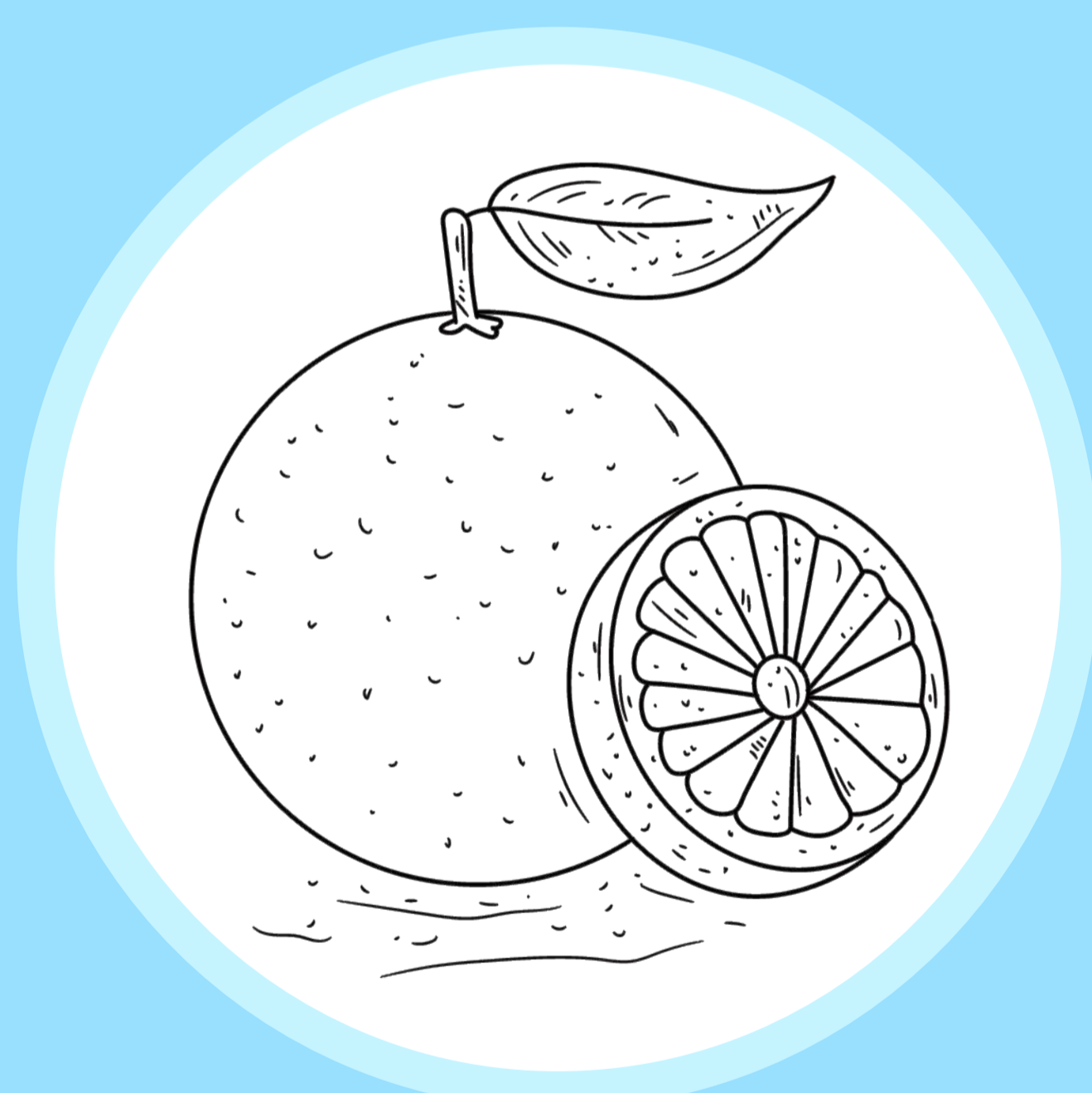
St John's Wort



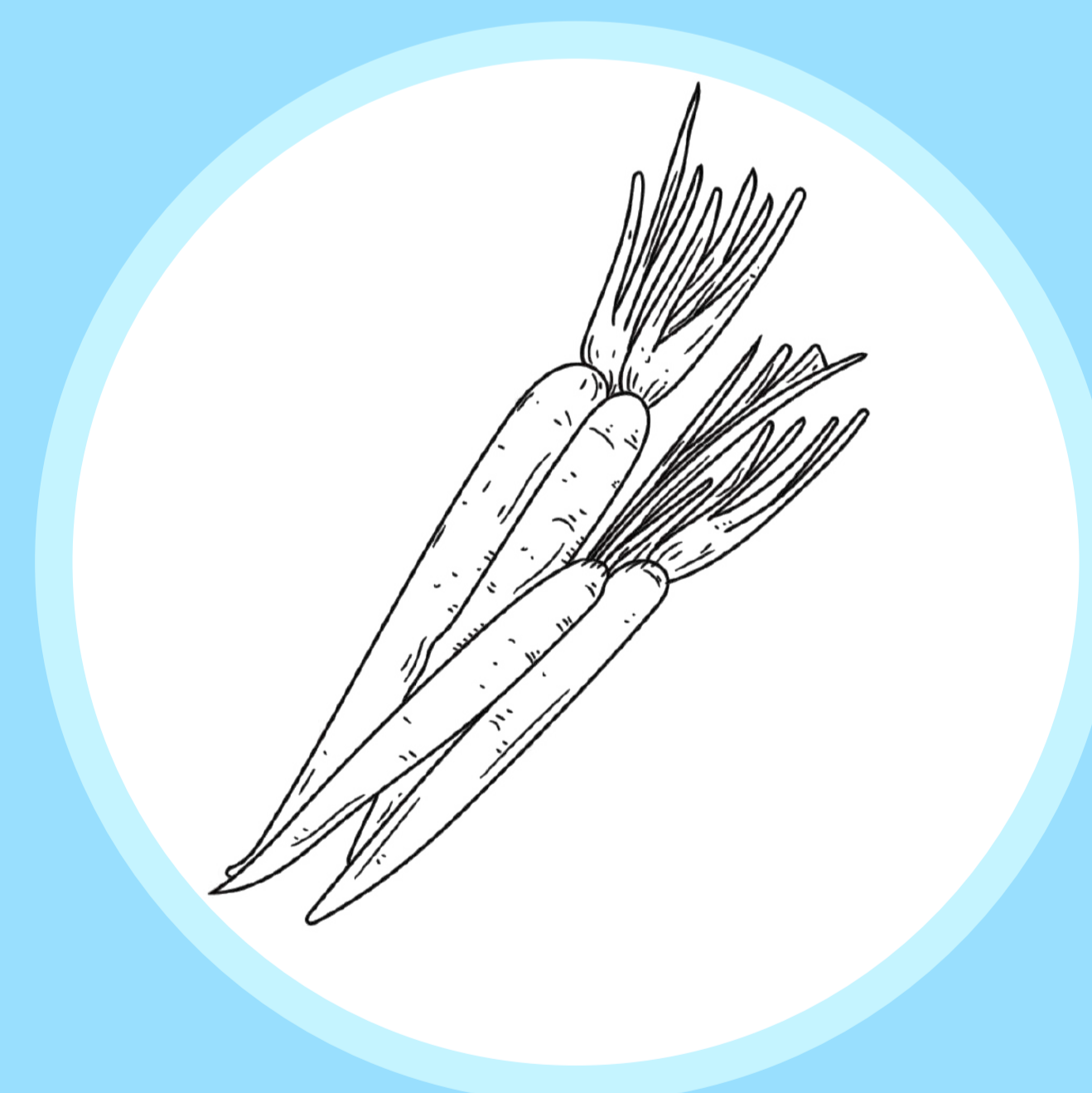
Lettuce and Green Leafy
Vegetables



Corn

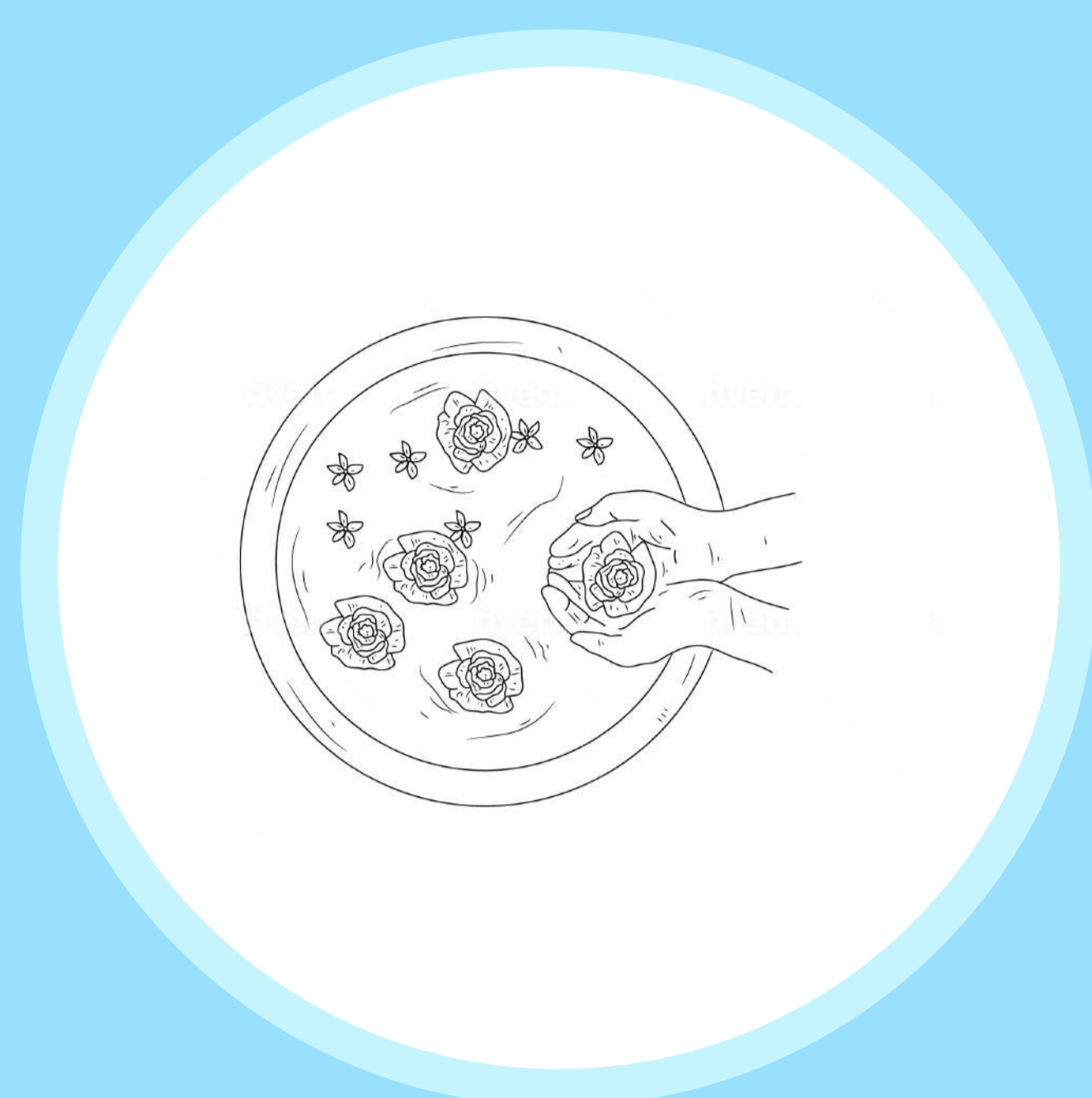


Vitamin C



Carrots

Eyes (p. 4 of 4)



Wash Face with Rose Water