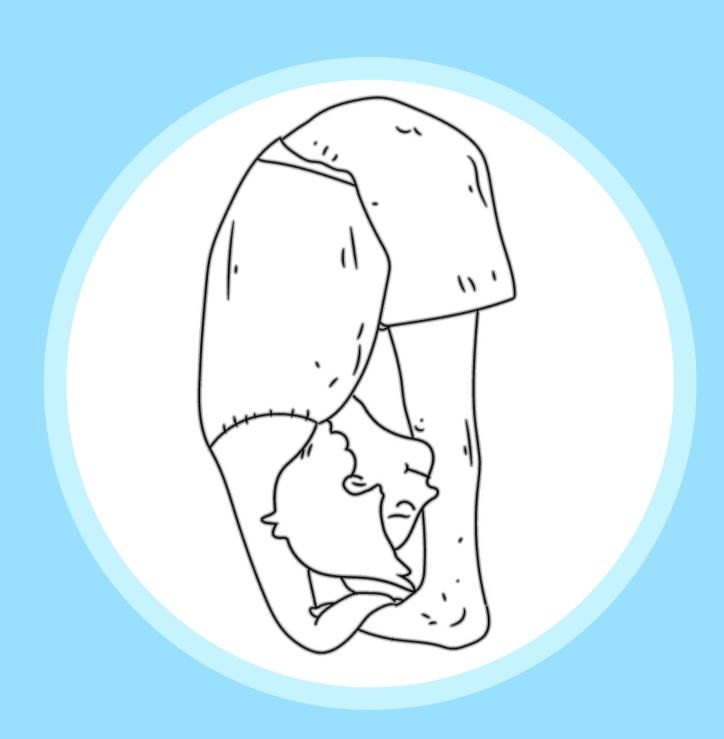
Paralysis (p. 1 of 4)



Any Standing Posture



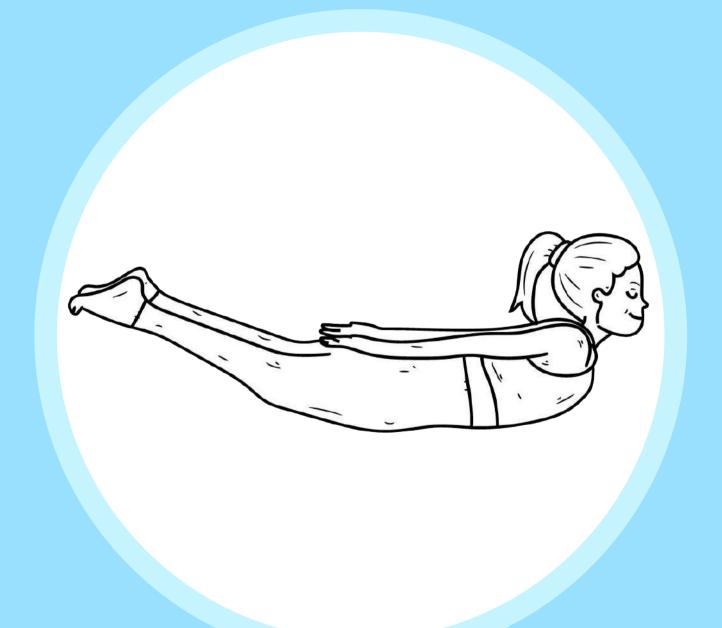
Pādānguṣṭhāsana (hand to big toe)



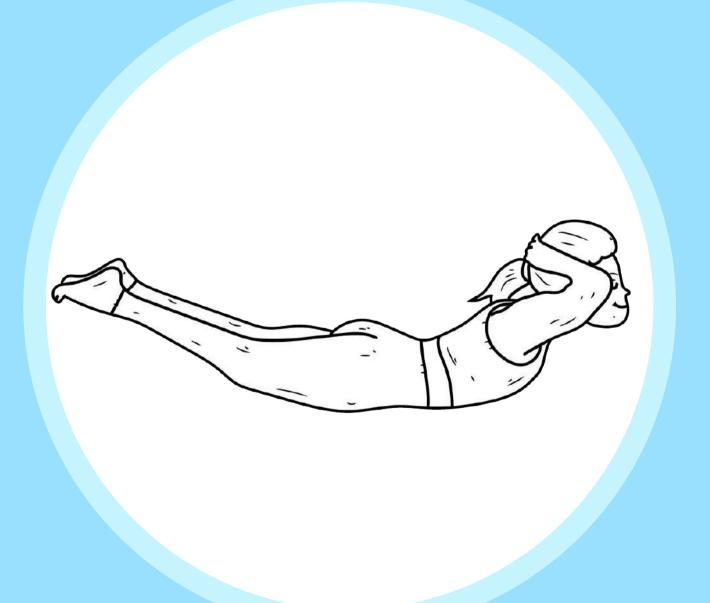
Pāda Hastāsana (hand under foot)



Uttānāsana (forward fold)



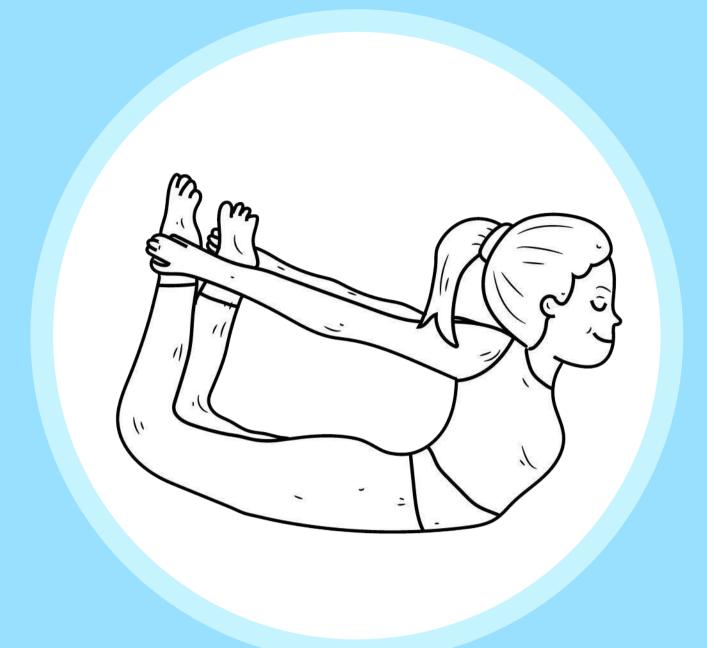
Śālabhāsana (locust)



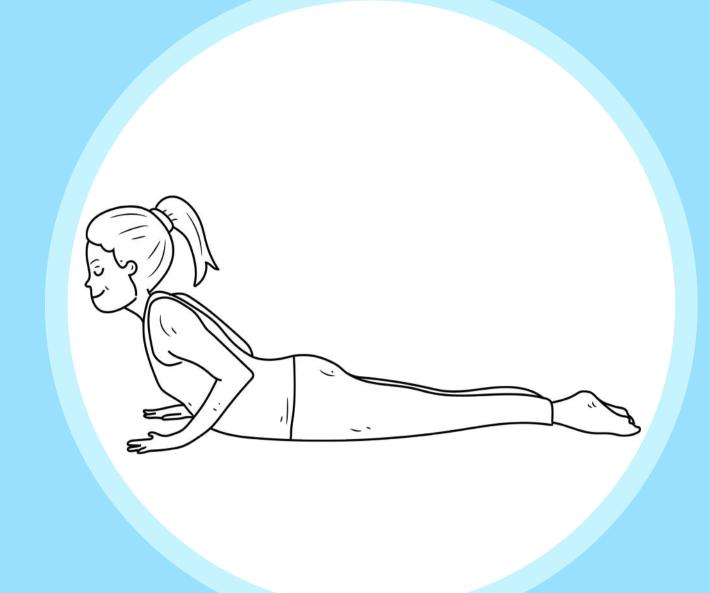
Makarāsana (crocodile)

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. Investingrana.com

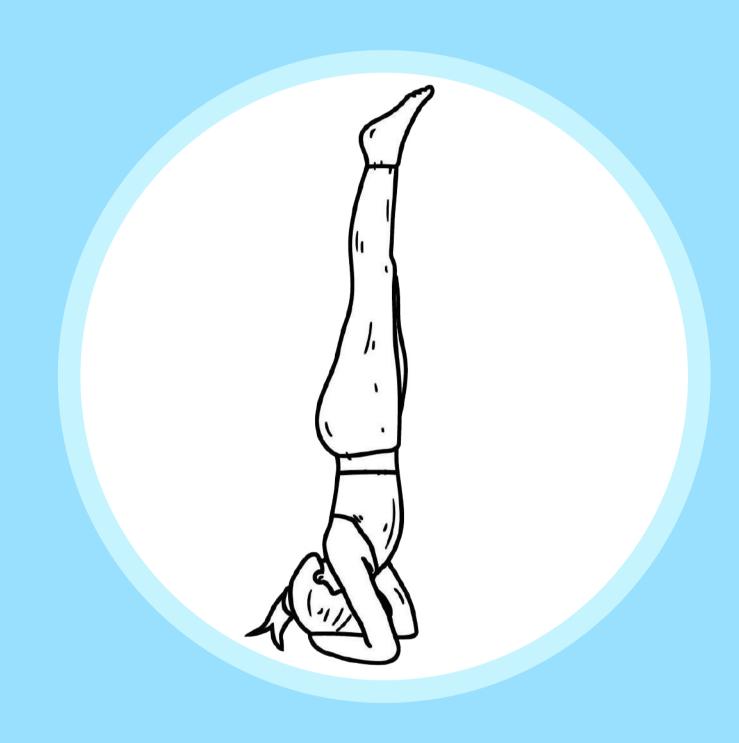
Paralysis (p. 2 of 4)



Dhanurāsana (bow)



Bhujangāsana I (cobra I)



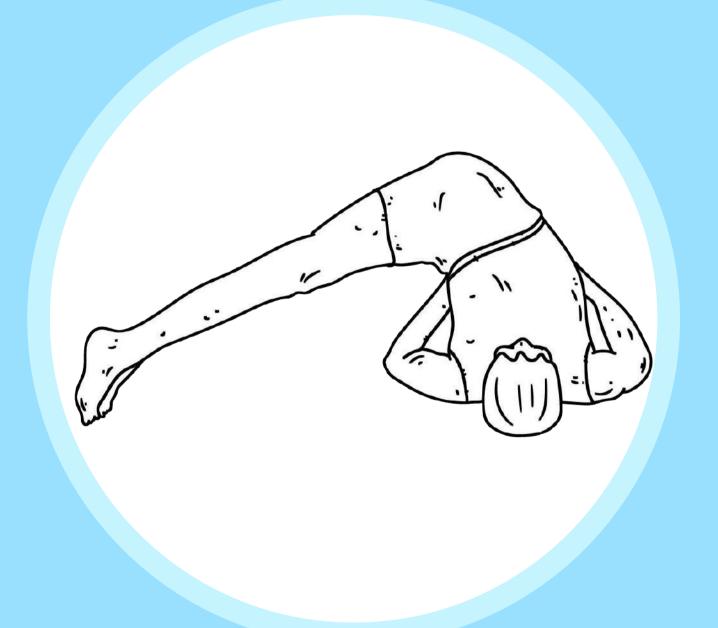
Sālamba Śīrṣāsana (supported headstand)



Halāsana (plow)



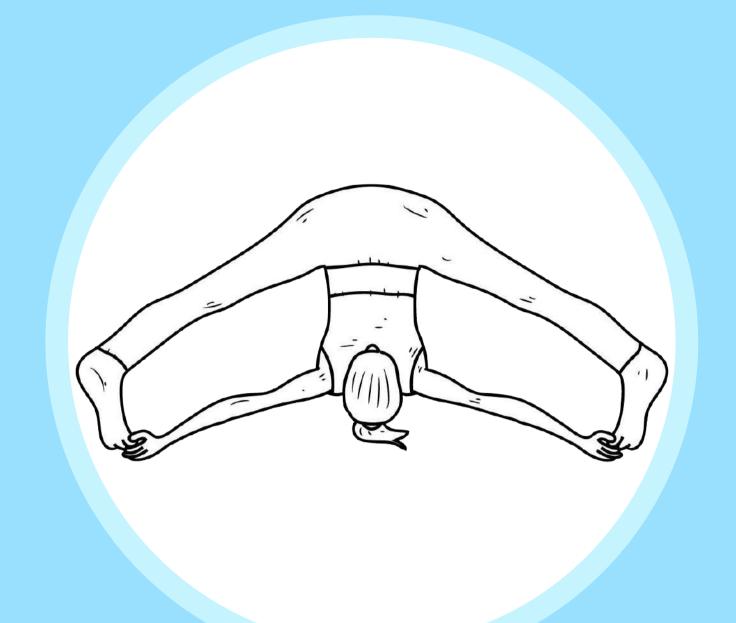
Ekapāda Sarvāngāsana (one leg, all limbs)



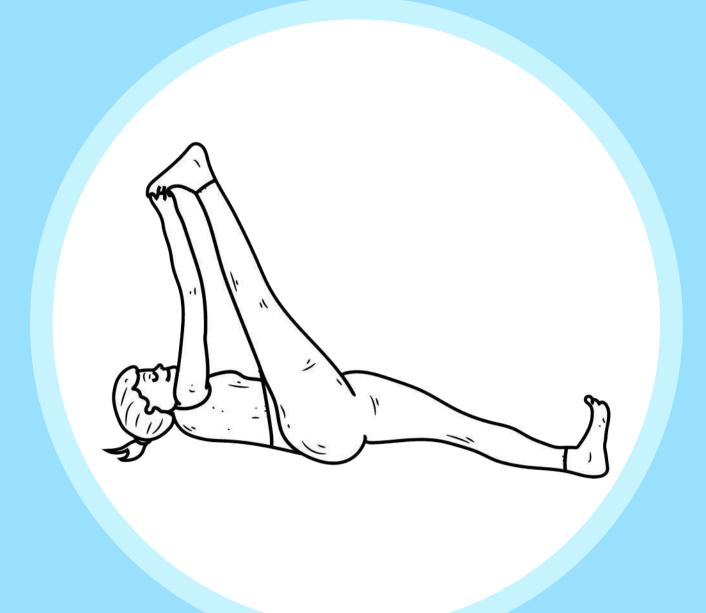
Pārśva Halāsana (side plow)

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. Investingrana.com

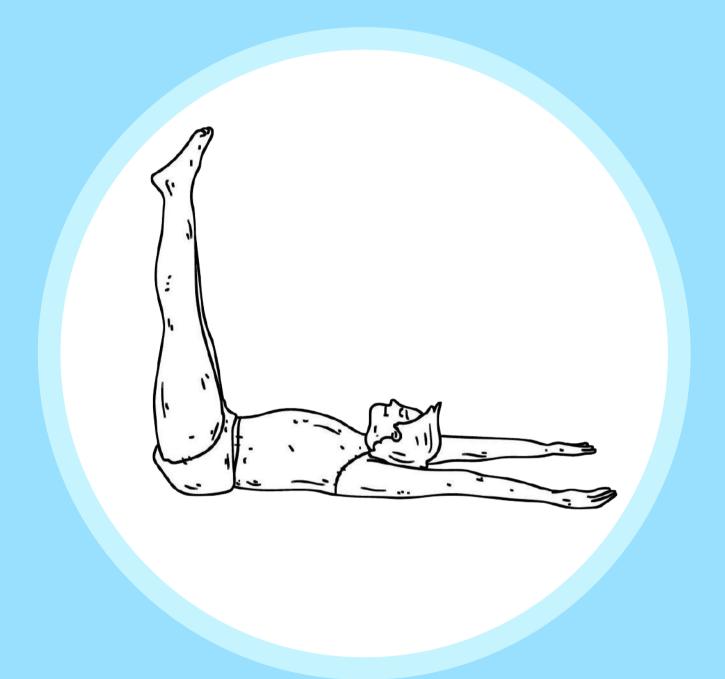
Paralysis (p. 3 of 4)



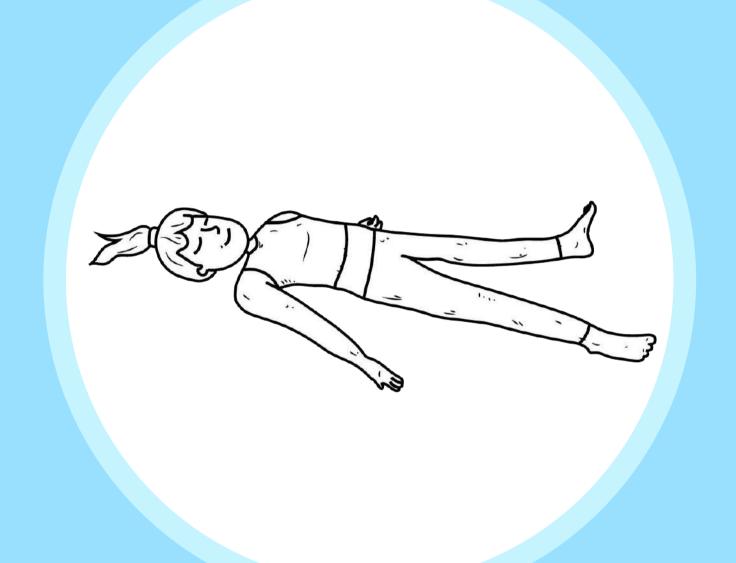
Supta Koṇāsana (reclining bound angle pose)



Supta Pādānguṣṭhāsana (reclined big toe)



Ūrdhva Prasārita Pādāsana (upward extended foot)



Śavāsana (corpse)



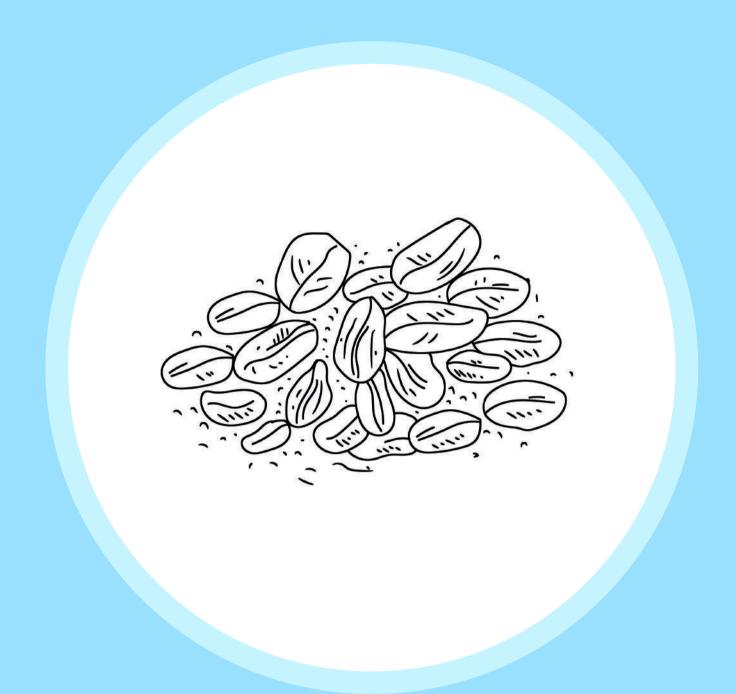
Nādī Śodhana (alternate nostril breathing)



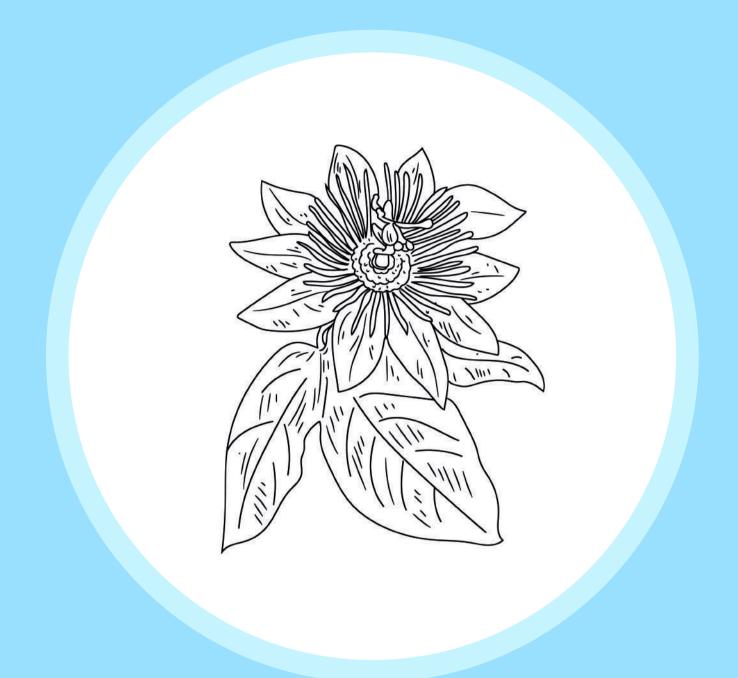
Ujjayi Pranayama

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. Investingrana.com

Paralysis (p. 4 of 4)



Oat



Passionflower



Pran Mudra



St John's Wort



Magnesium

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