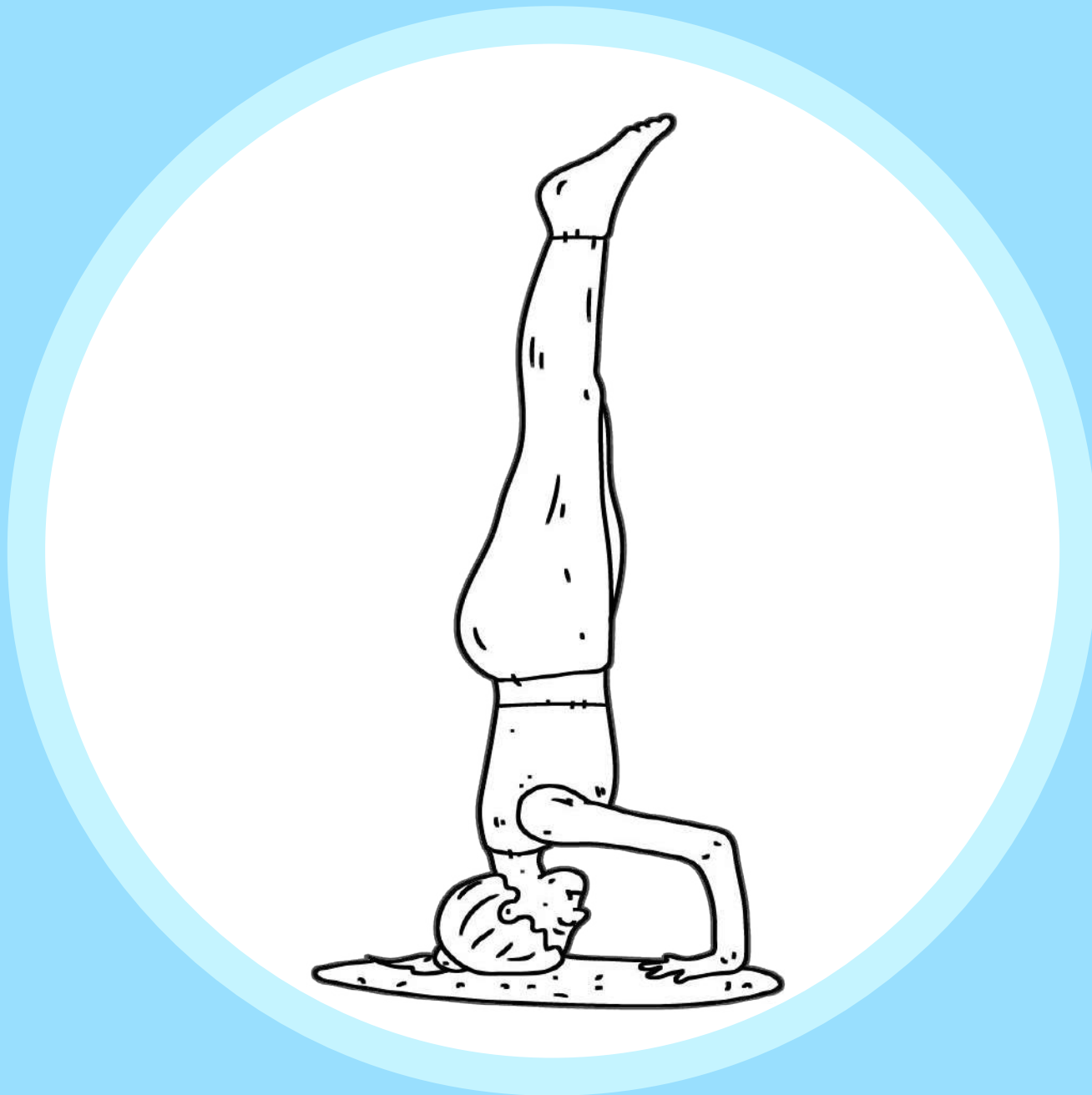
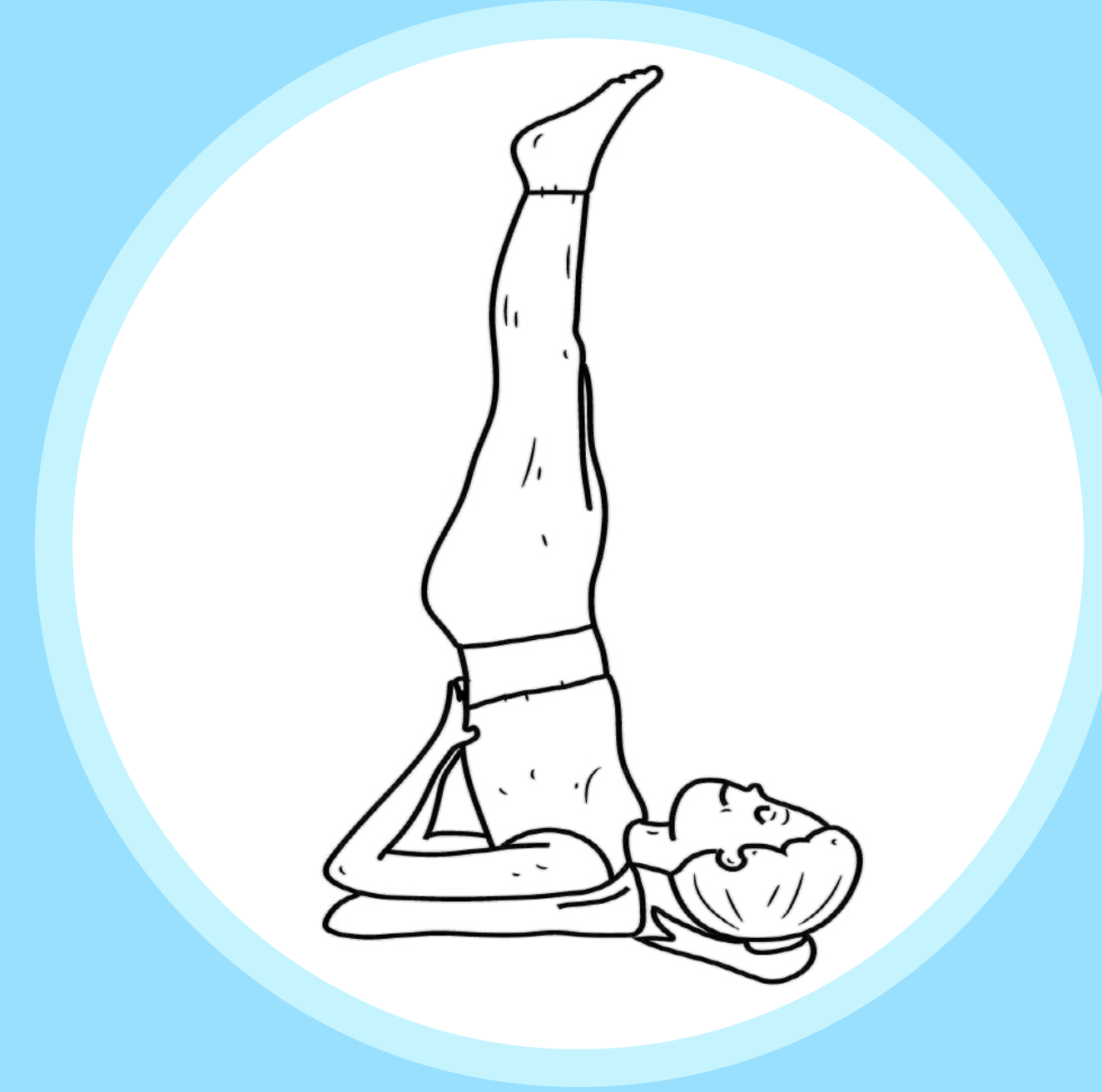


## Appendicitis (p. 1 of 3)



Sirsasana  
(head stand)



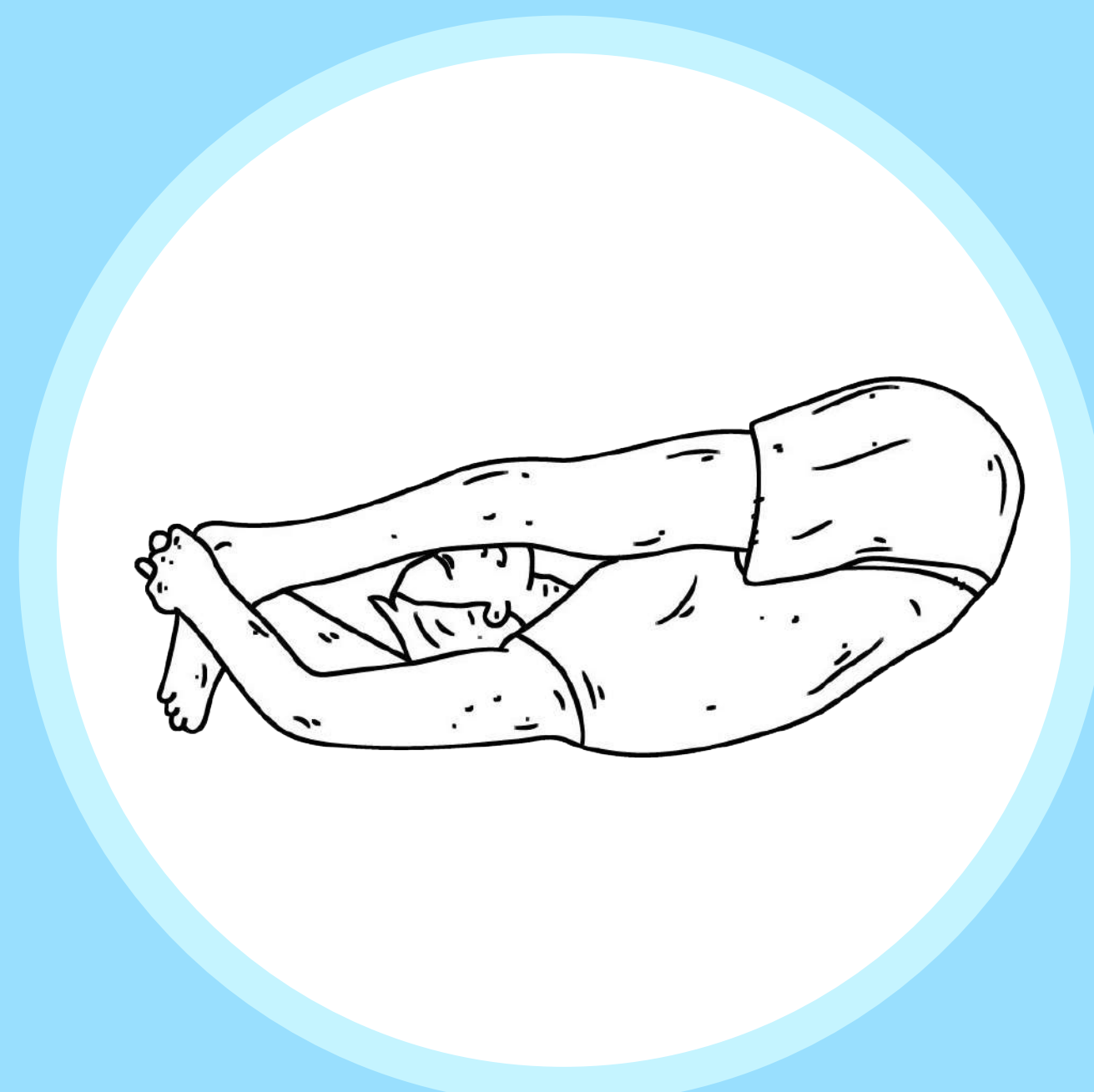
Sarvāṅgāsana  
(shoulder stand)



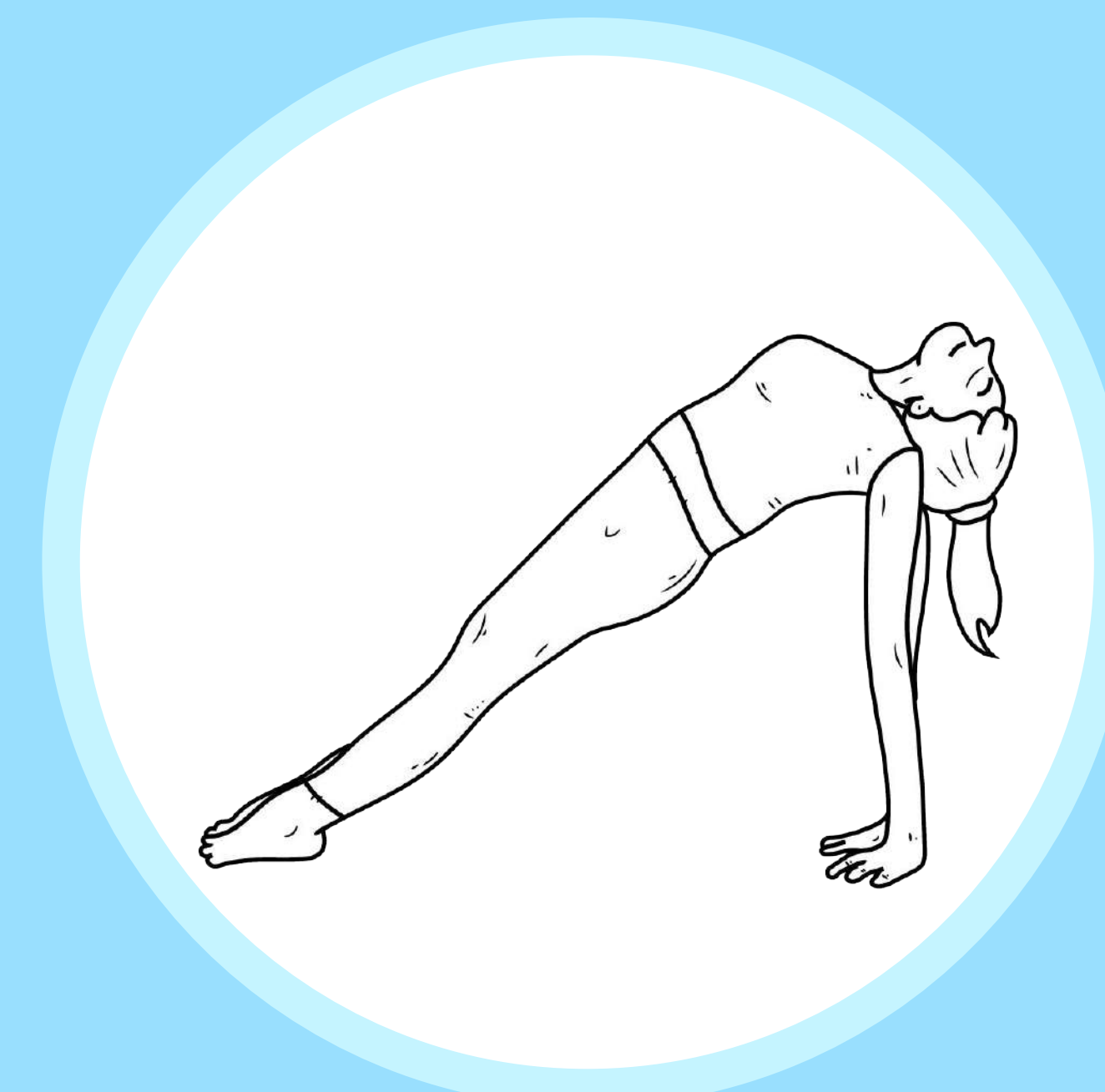
Paschimottānāsana  
(staff)



Ūrdhvamukha Paschimottānāsana I  
(upward staff)



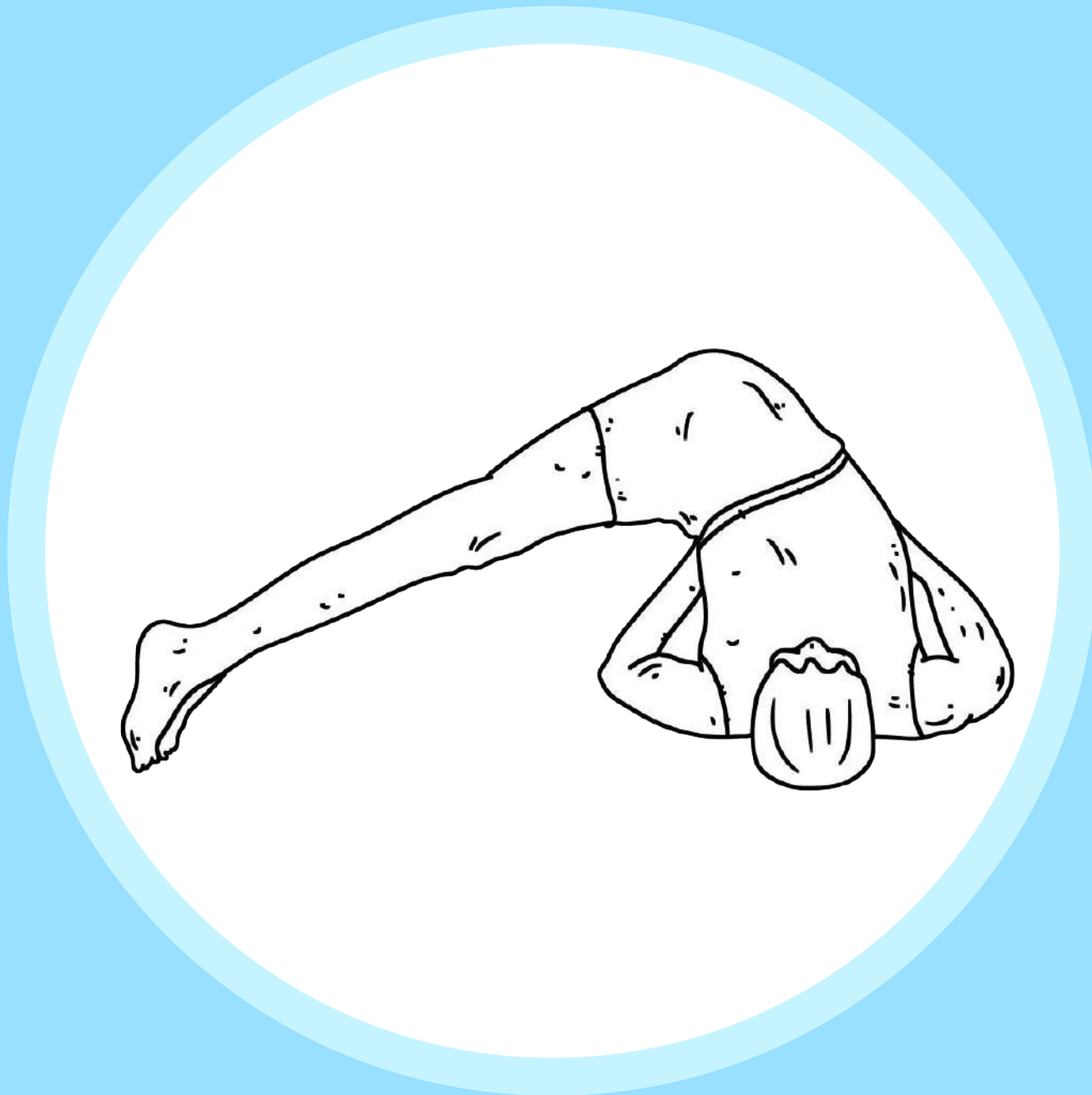
Ūrdhvamukha Paschimottānāsana II  
(inverted staff)



Pūrvottānāsana  
(inverted plank)



## Appendicitis (p. 2 of 3)



Pārśva Halāsana  
(side plow)



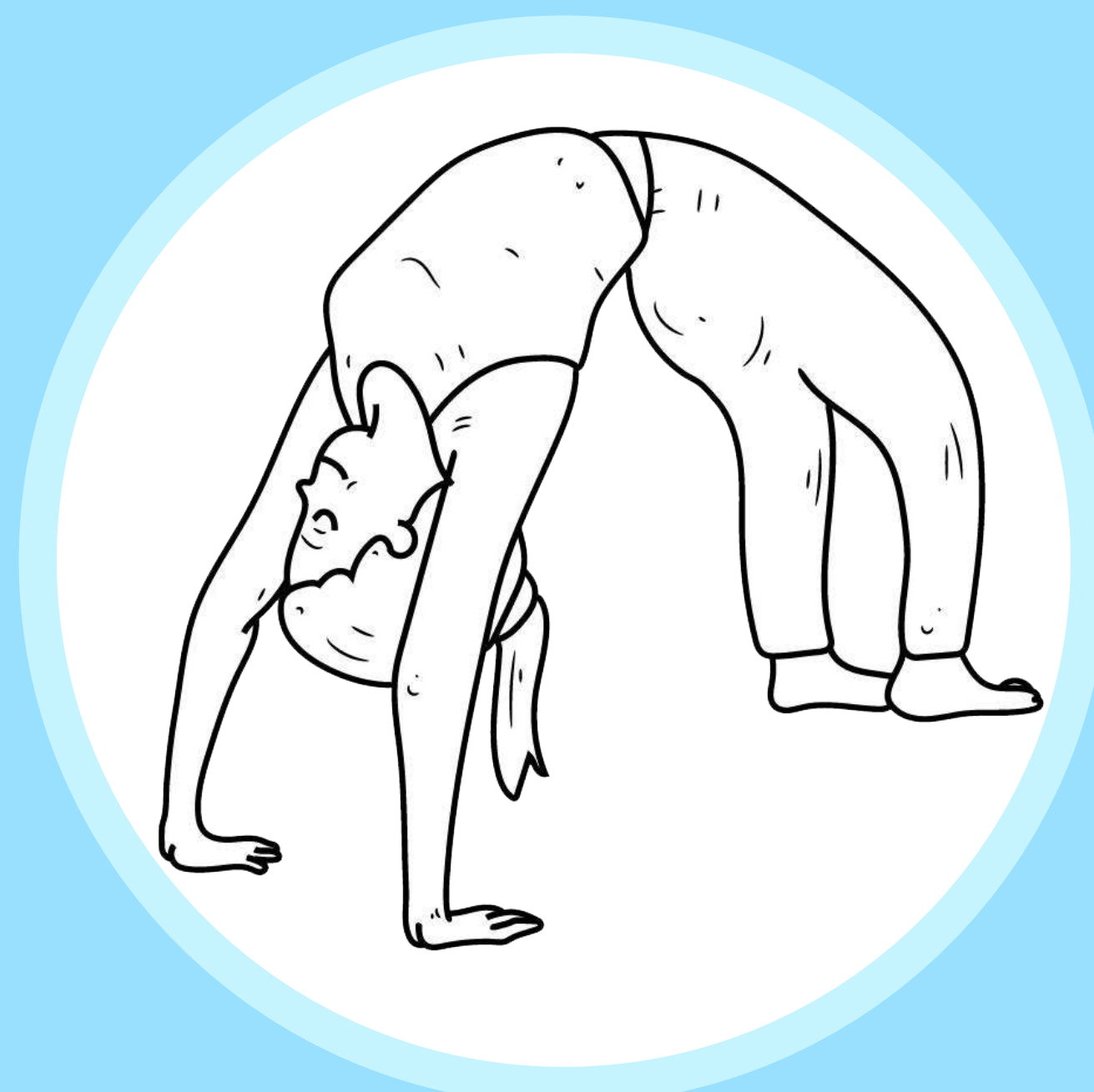
Jānu-Śīrṣāsana  
(head to knee)



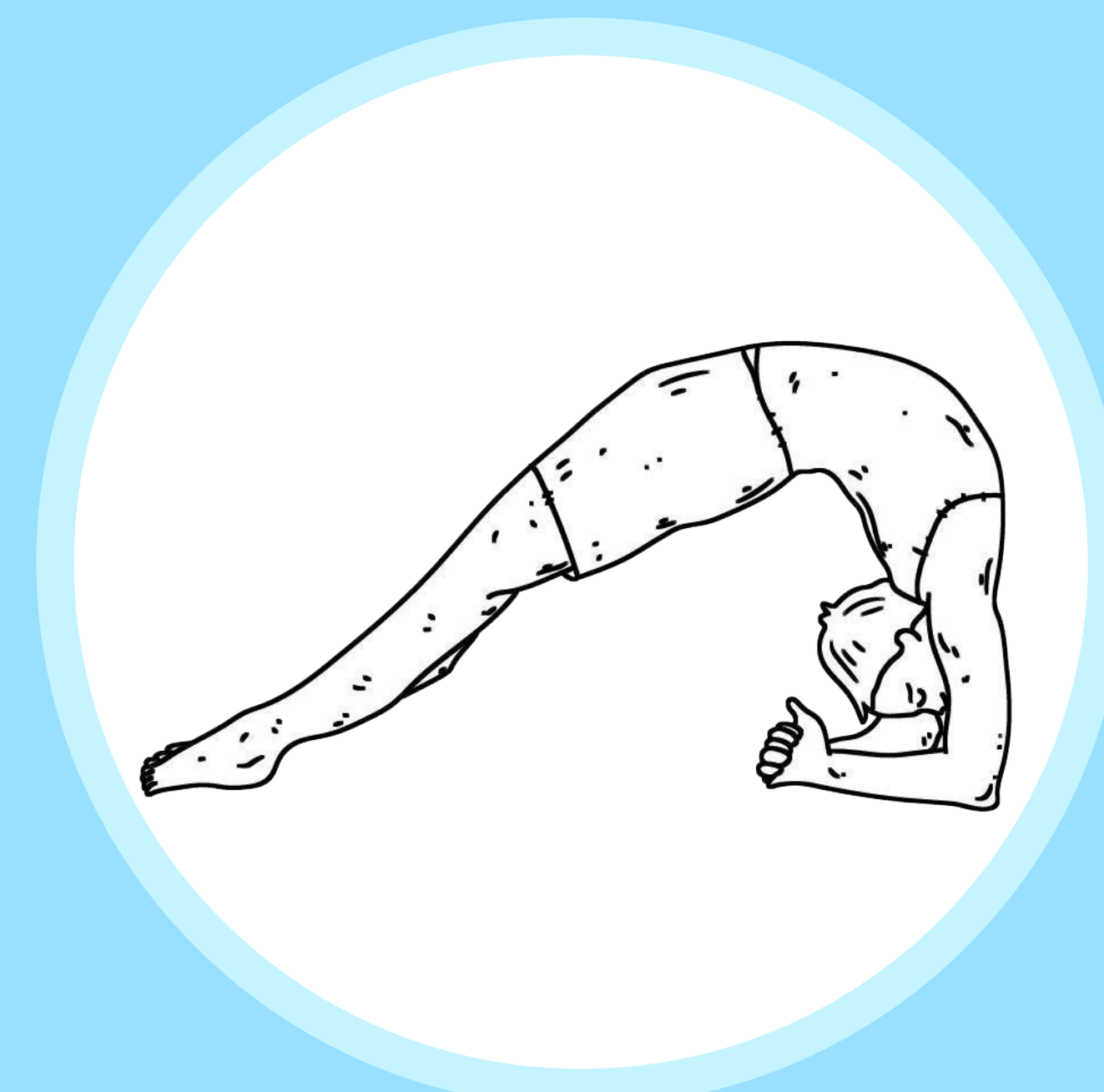
Ardha Marīchyāsana I  
(bound forward fold)



Pāśāsana  
(cord)



Chakrāsana (wheel)

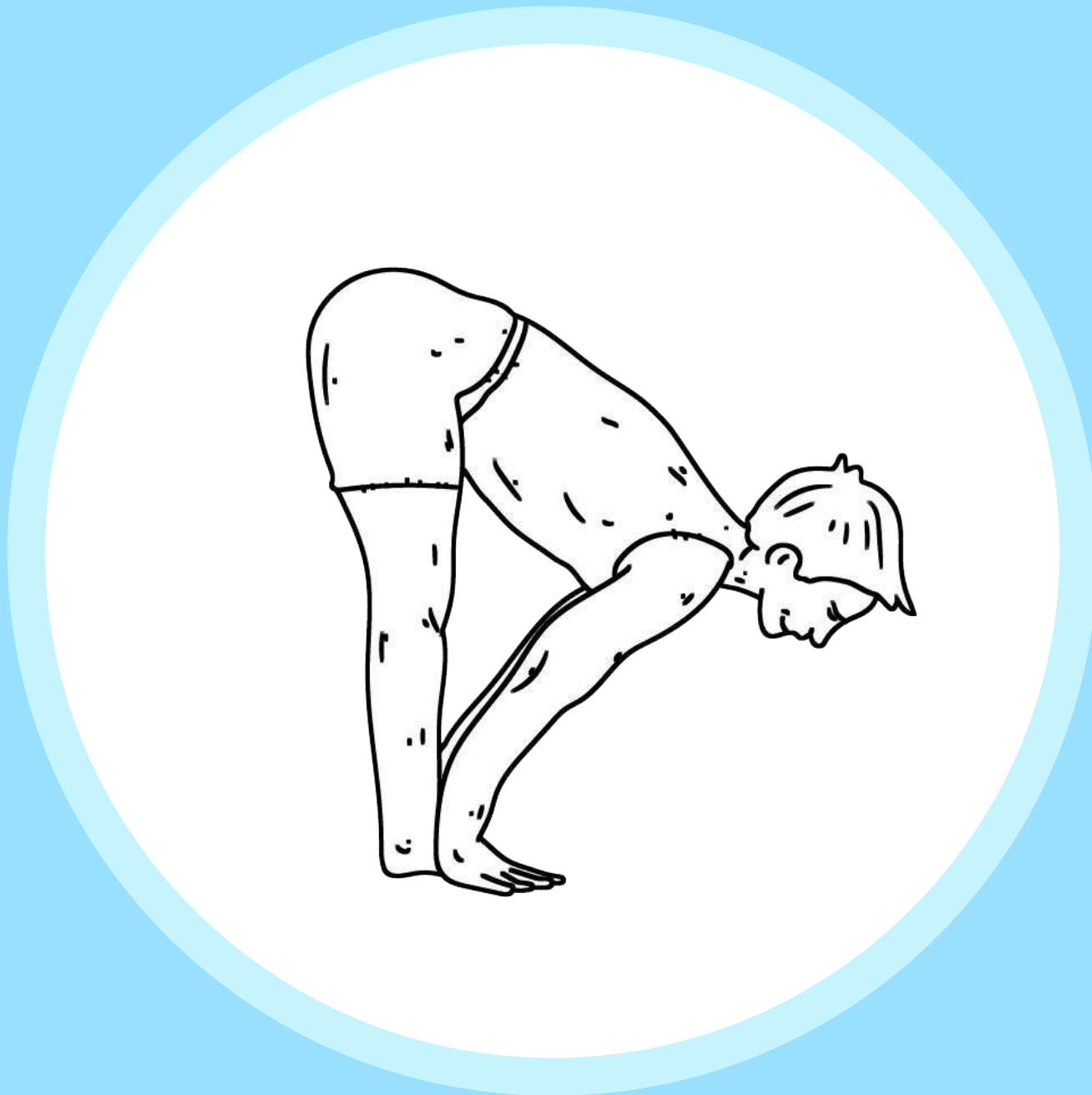


Dwipāda Viparīta Daṇḍāsana  
(two-legged inverted staff)



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

## Appendicitis (p. 3 of 3)



**Uttānāsana**  
(forward fold, halfway lift)



**Nāḍī Śodhana**  
(alternate nostril breathing)

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](http://Investinprana.com)