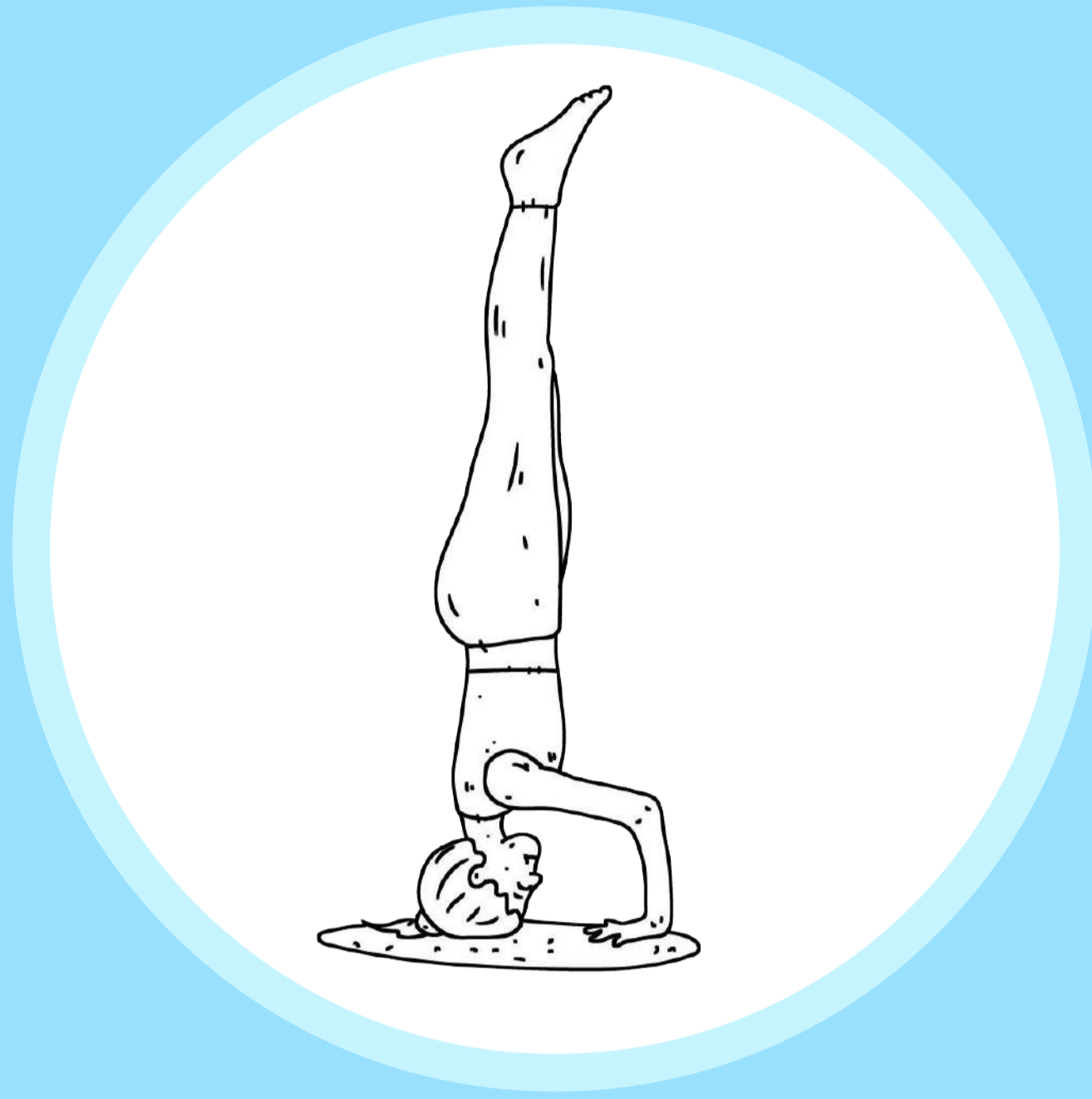
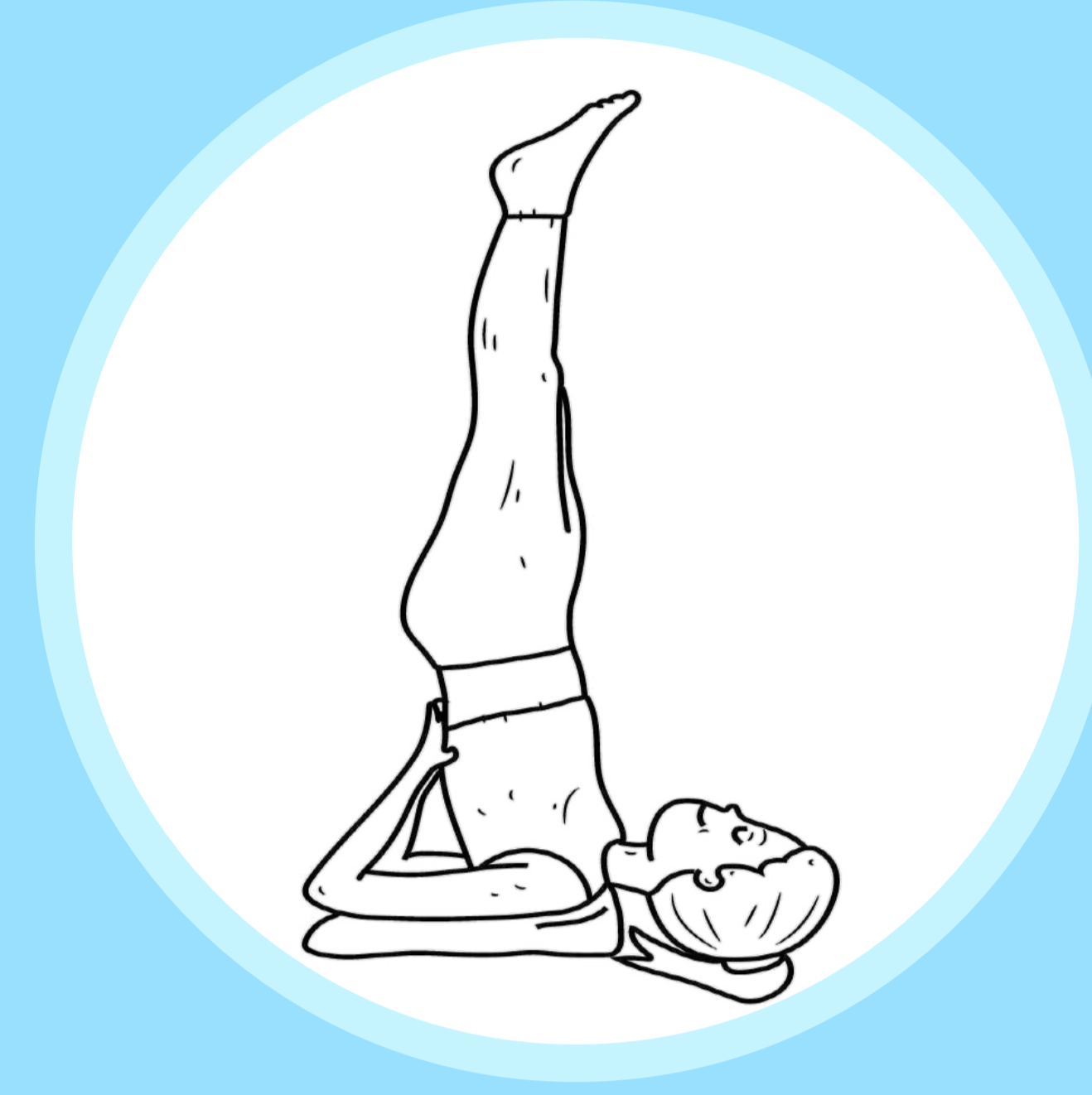


## Bad Breath (p. 1 of 3)



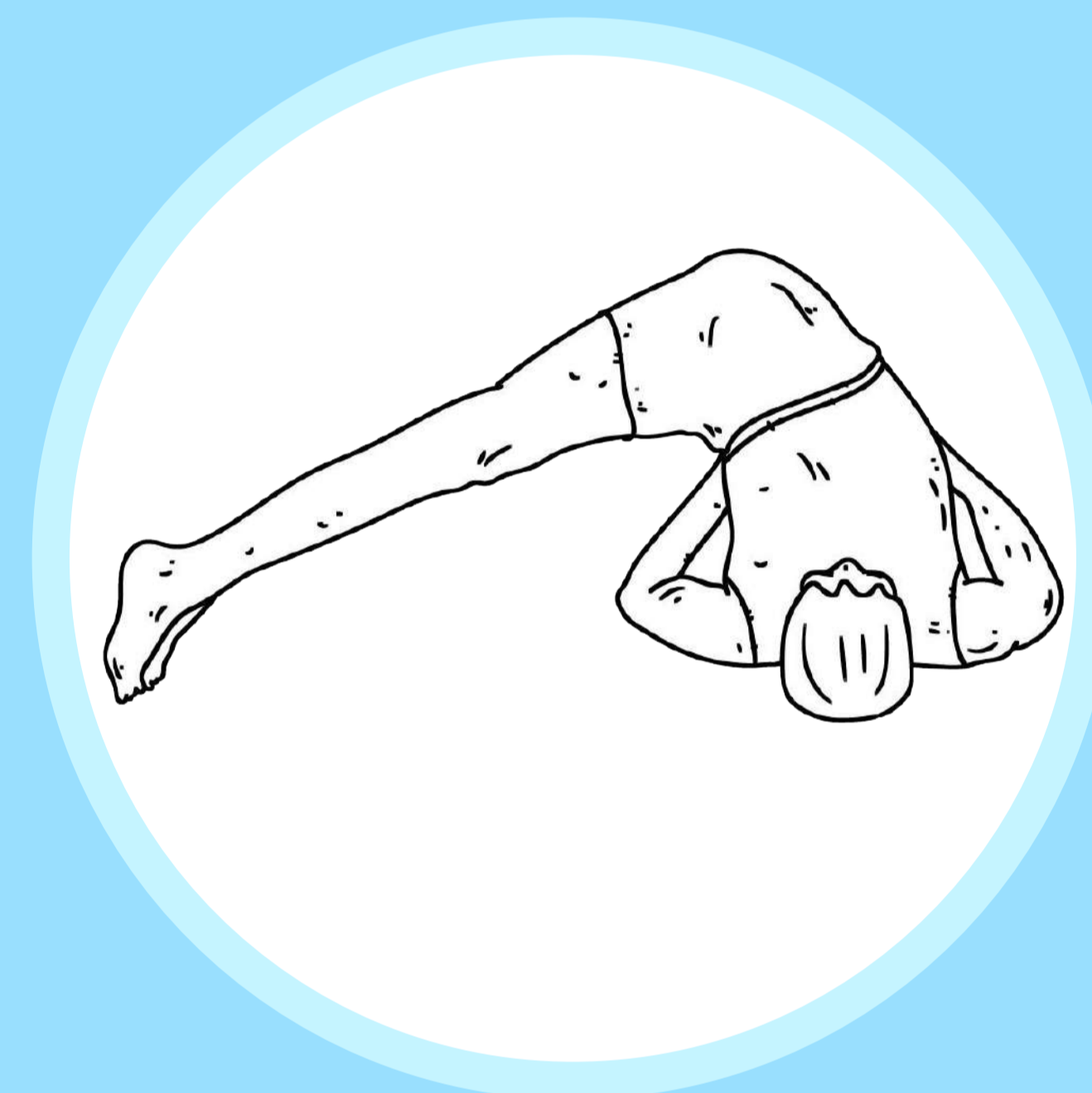
**Sirsasana**  
(head stand)



**Sarvāngāsana**  
(shoulder stand)



**Uttānāsana**  
(forward fold)



**Pārśva Halāsana**  
(side plow)

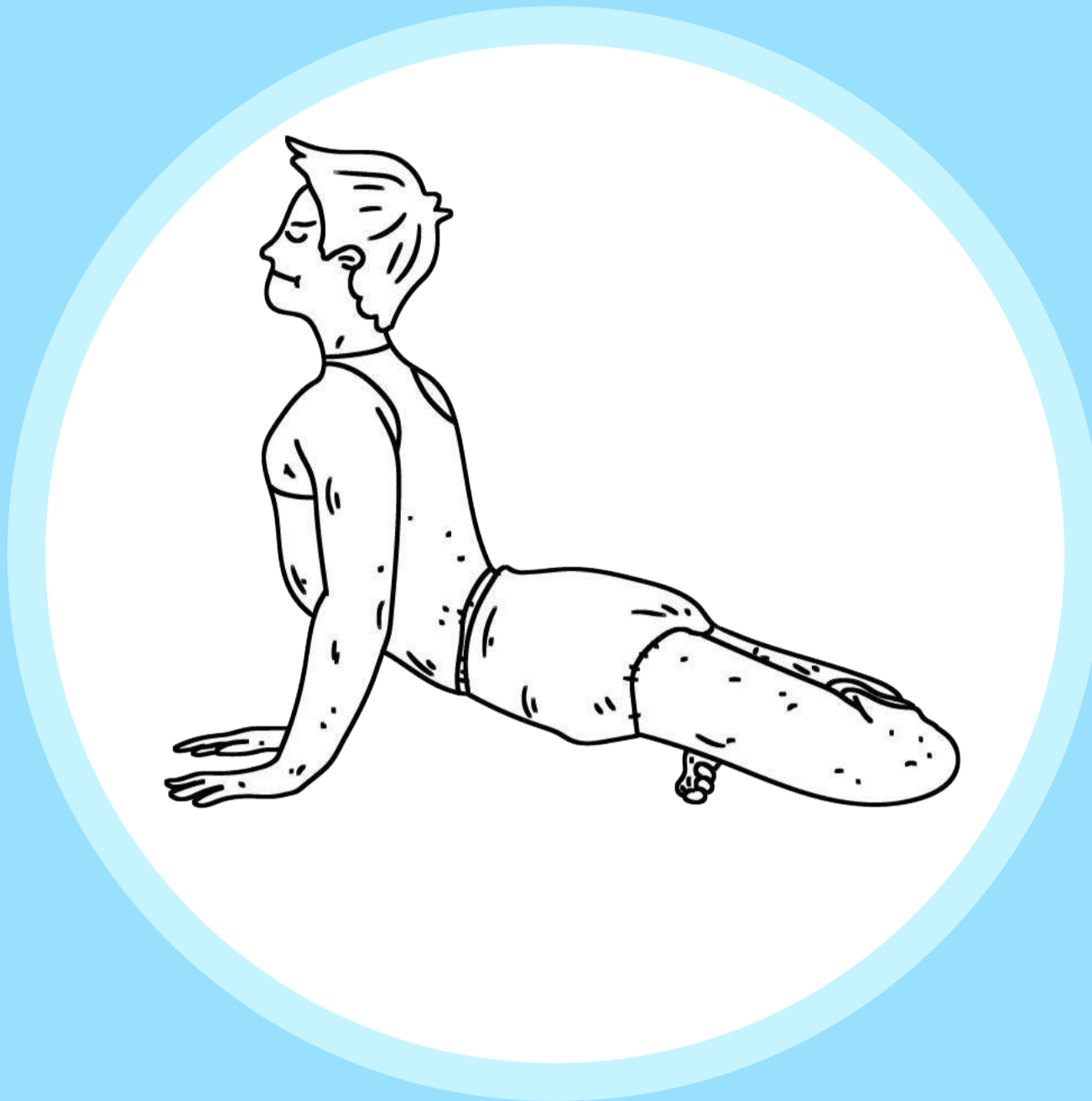


**Paschimottānāsana**  
(staff)



**Simhāsana I**  
(lion)

## Bad Breath (p. 2 of 3)



Simhāsana II  
(lion)



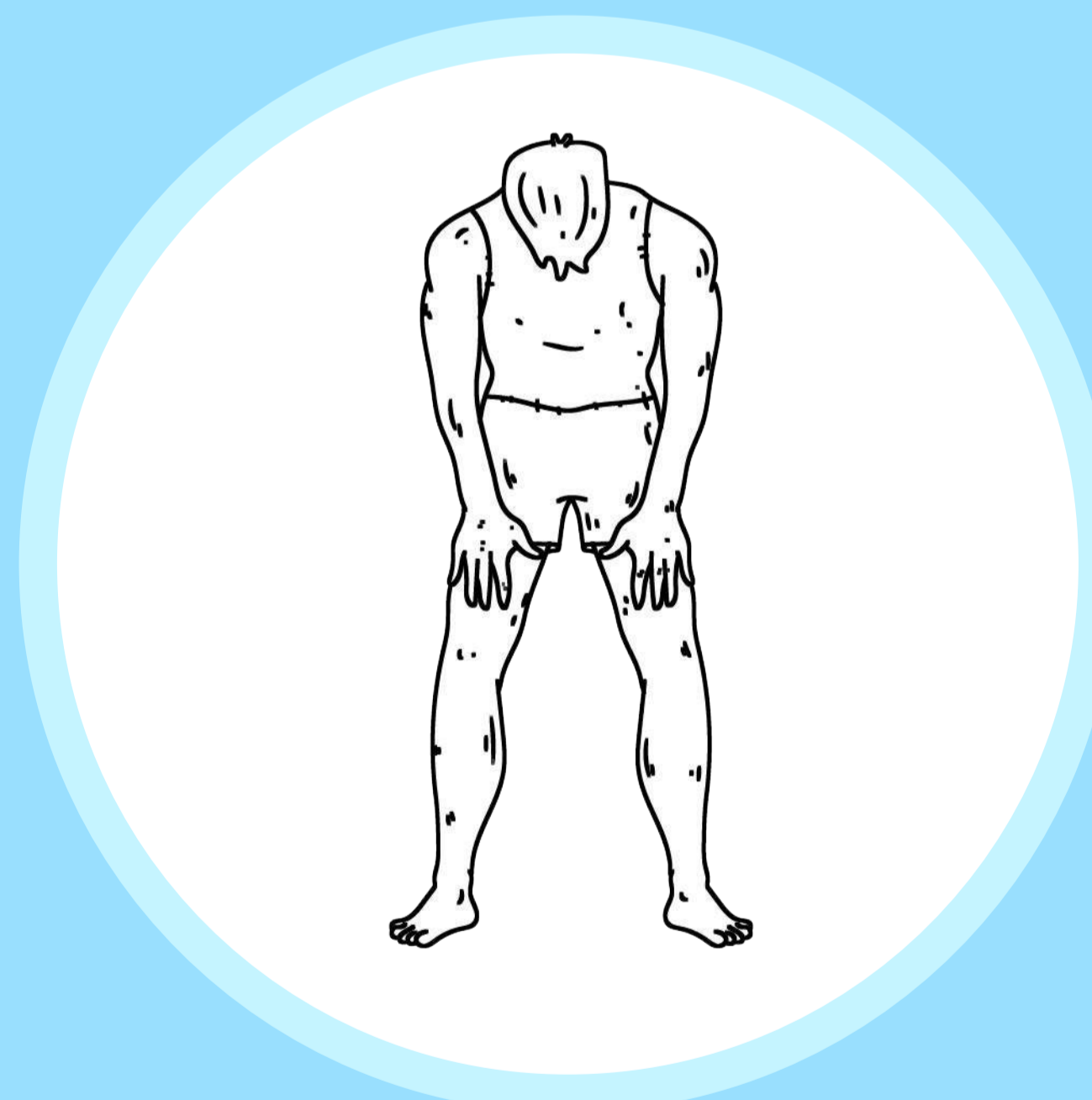
Ujjayi Pranayama



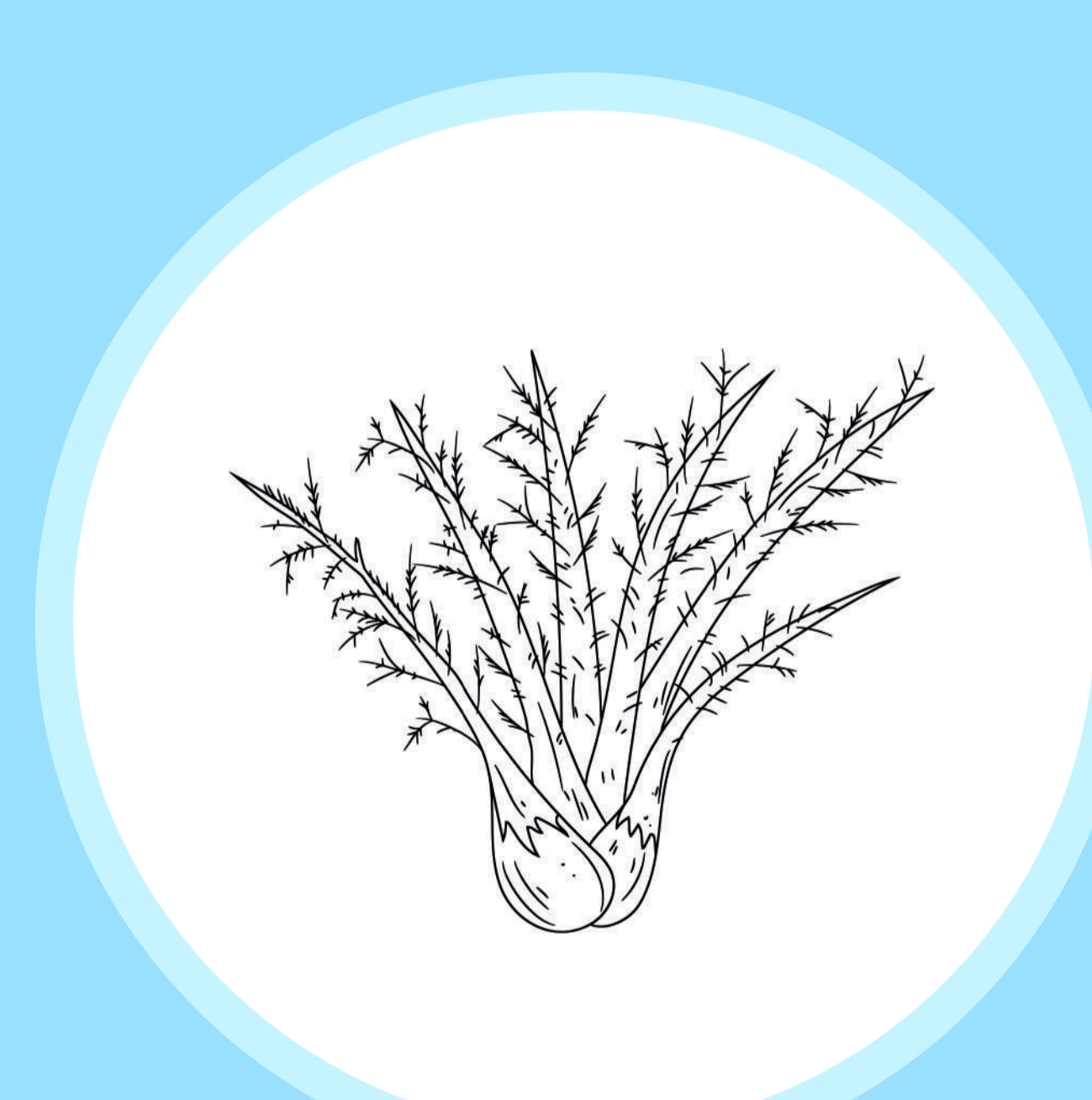
Nādī Śodhana  
(alternate nostril breathing)



Śītali  
(cooling)

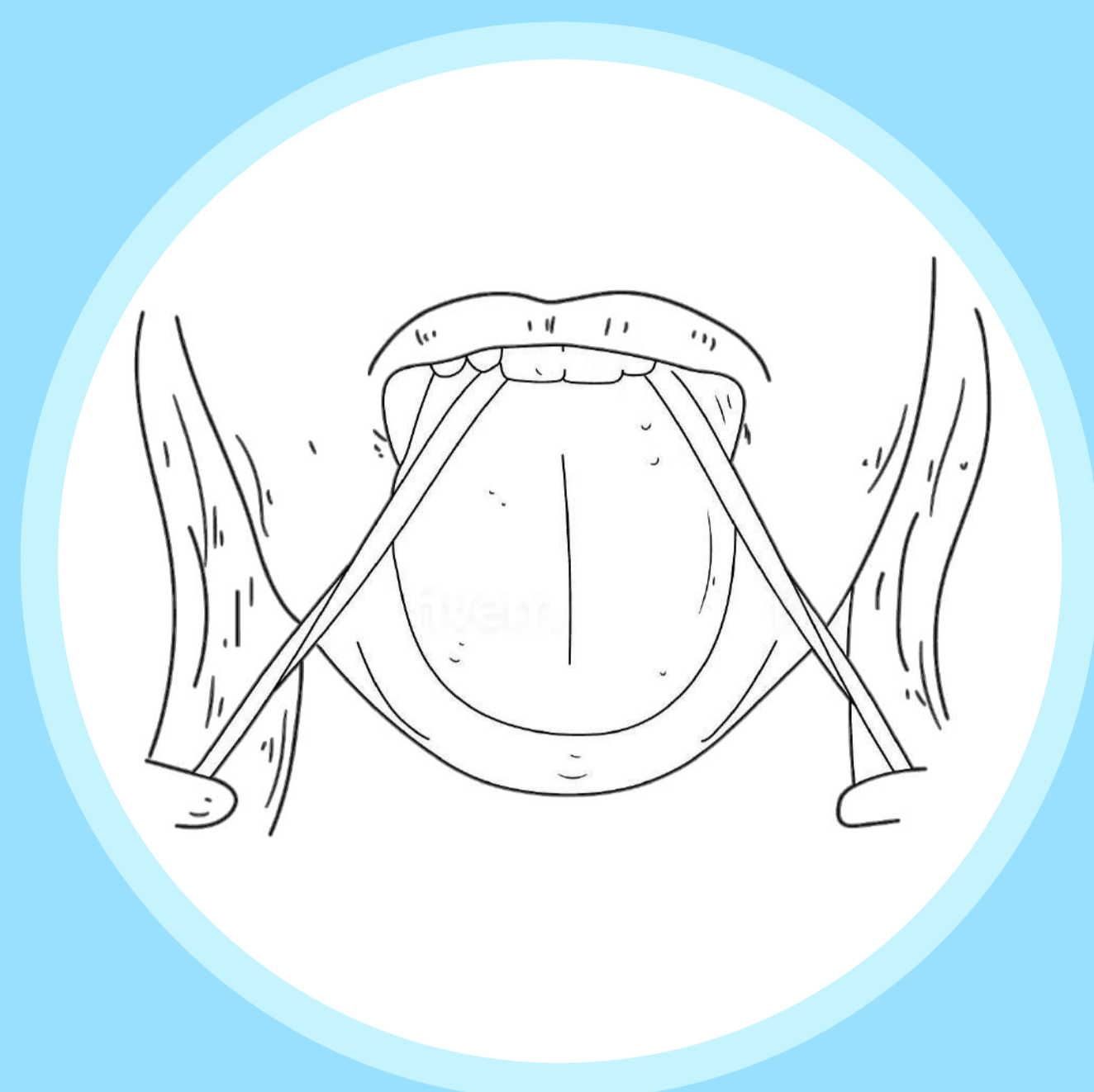


Uddiyana



Chew Fennel and Cumin

## Bad Breath (p. 3 of 3)



Tongue Scrape



Limit Alcohol