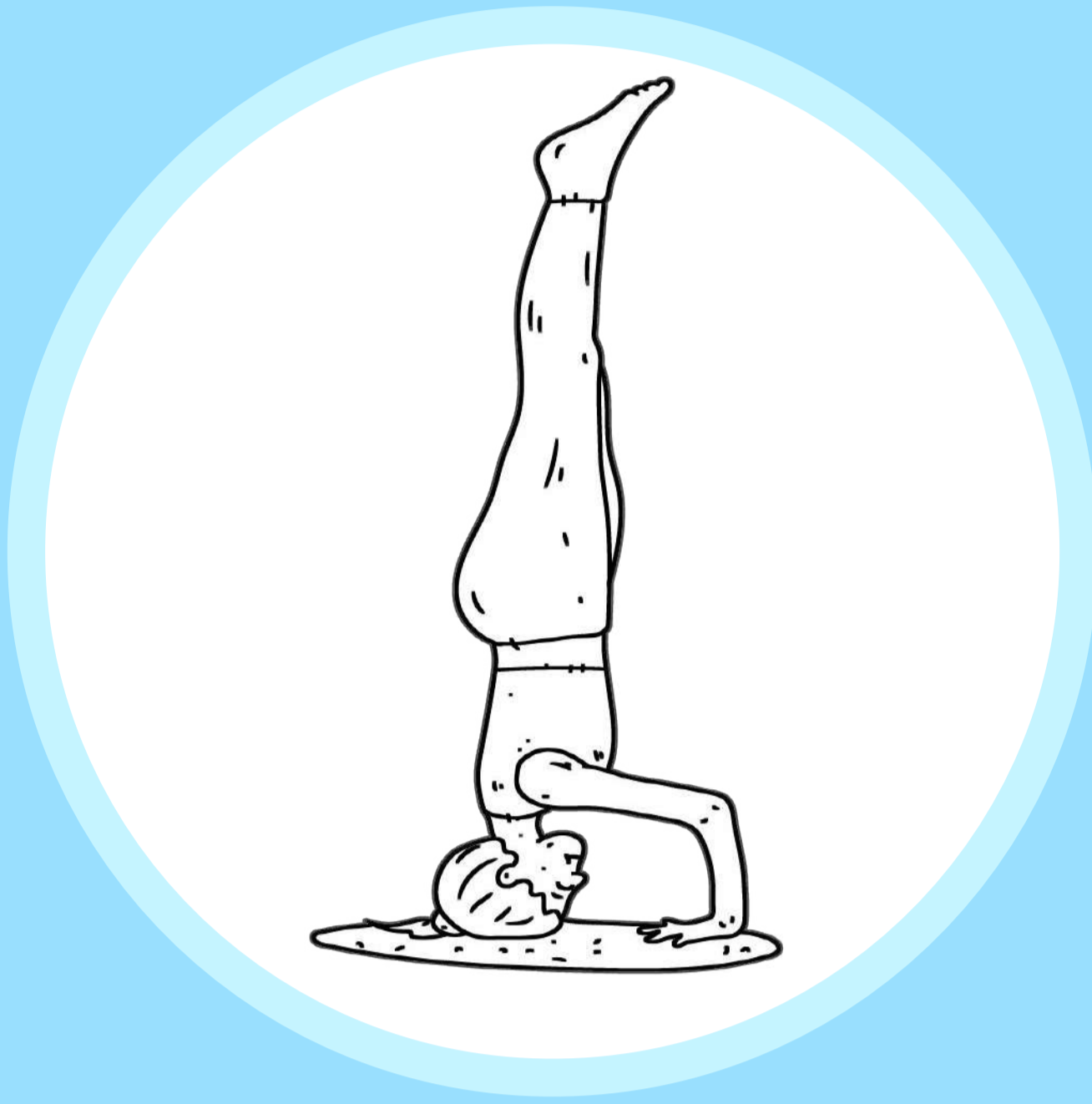
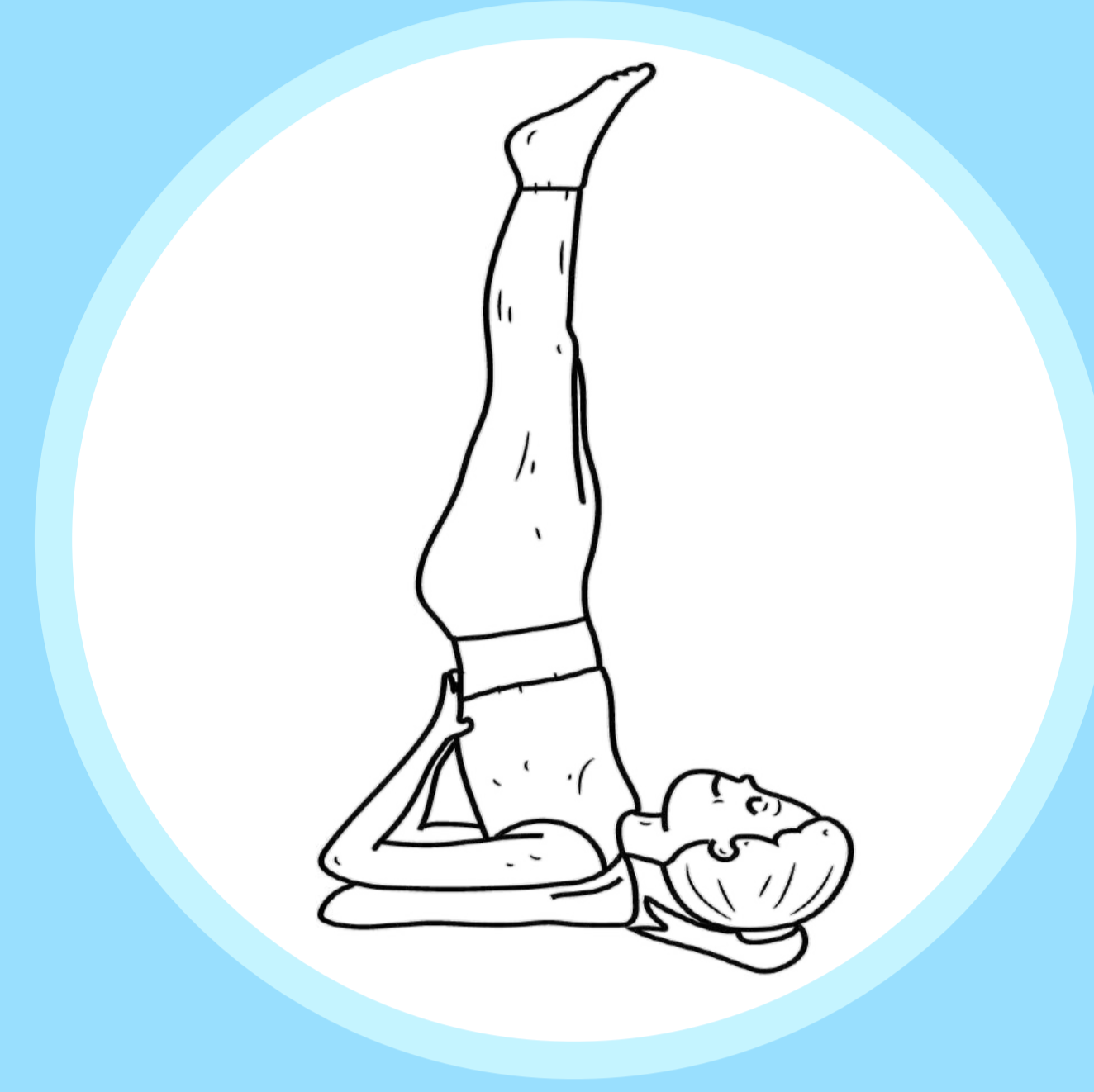


Cough (p. 1 of 6)



Sirsasana
(head stand)



Sarvāngāsana
(shoulder stand)



Uttānāsana
(forward fold)



Paschimottānāsana
(staff)

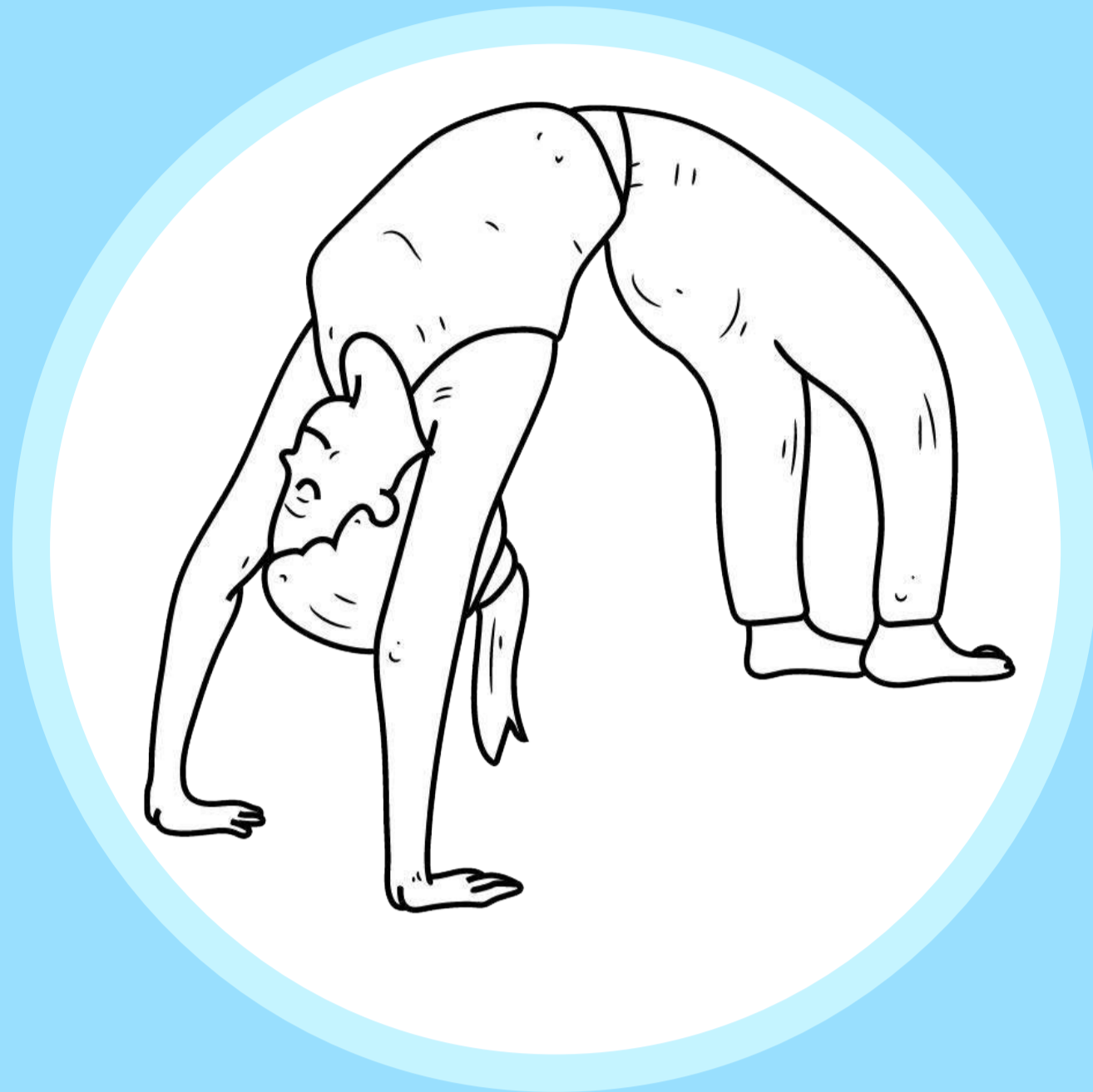


Ardha Marīchyāsana I
(bound forward fold)



Pāśāsana
(cord)

Cough (p. 2 of 6)



**Chakrāsana
(wheel)**



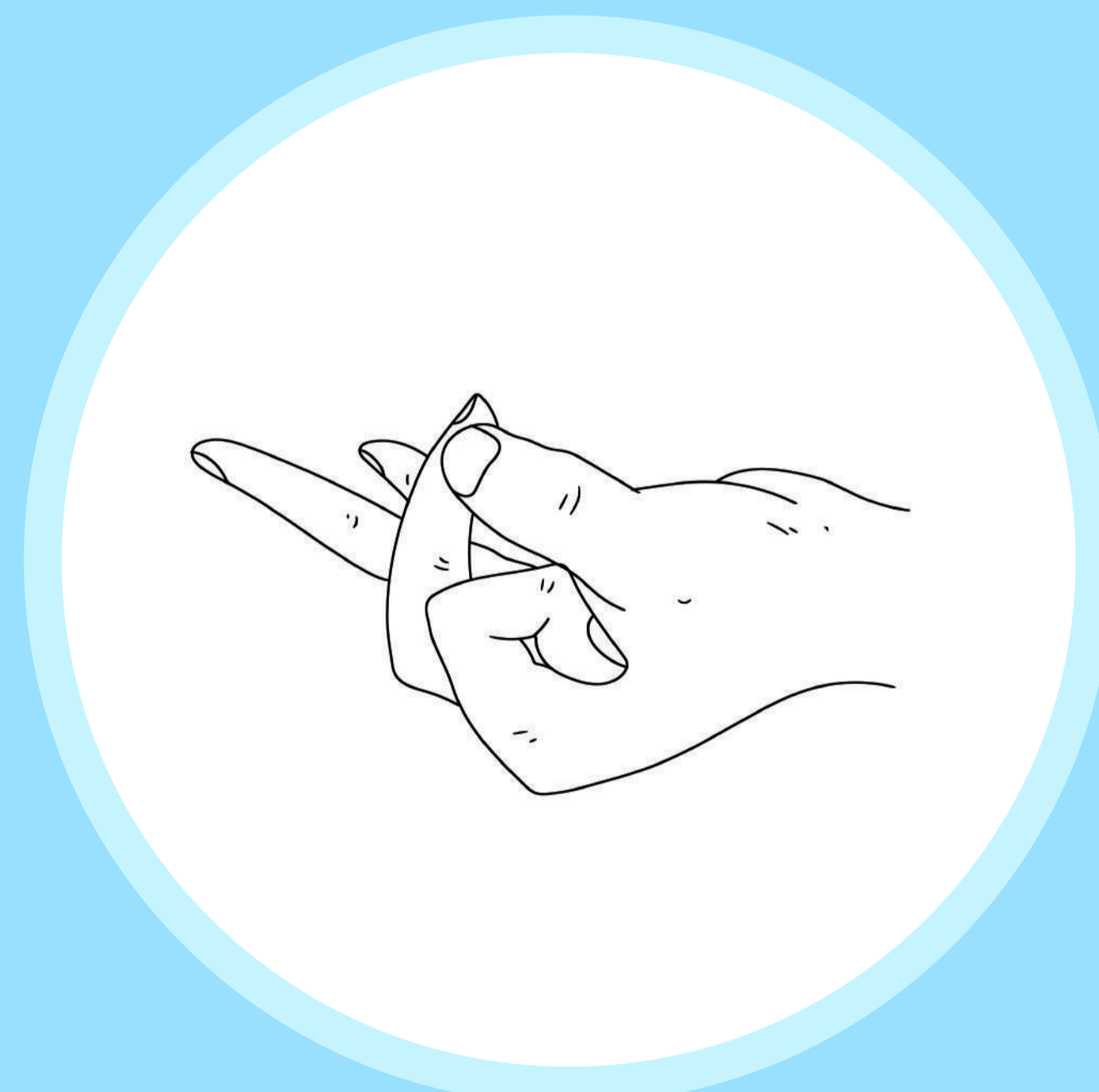
Ujjayi Pranayama with Retention



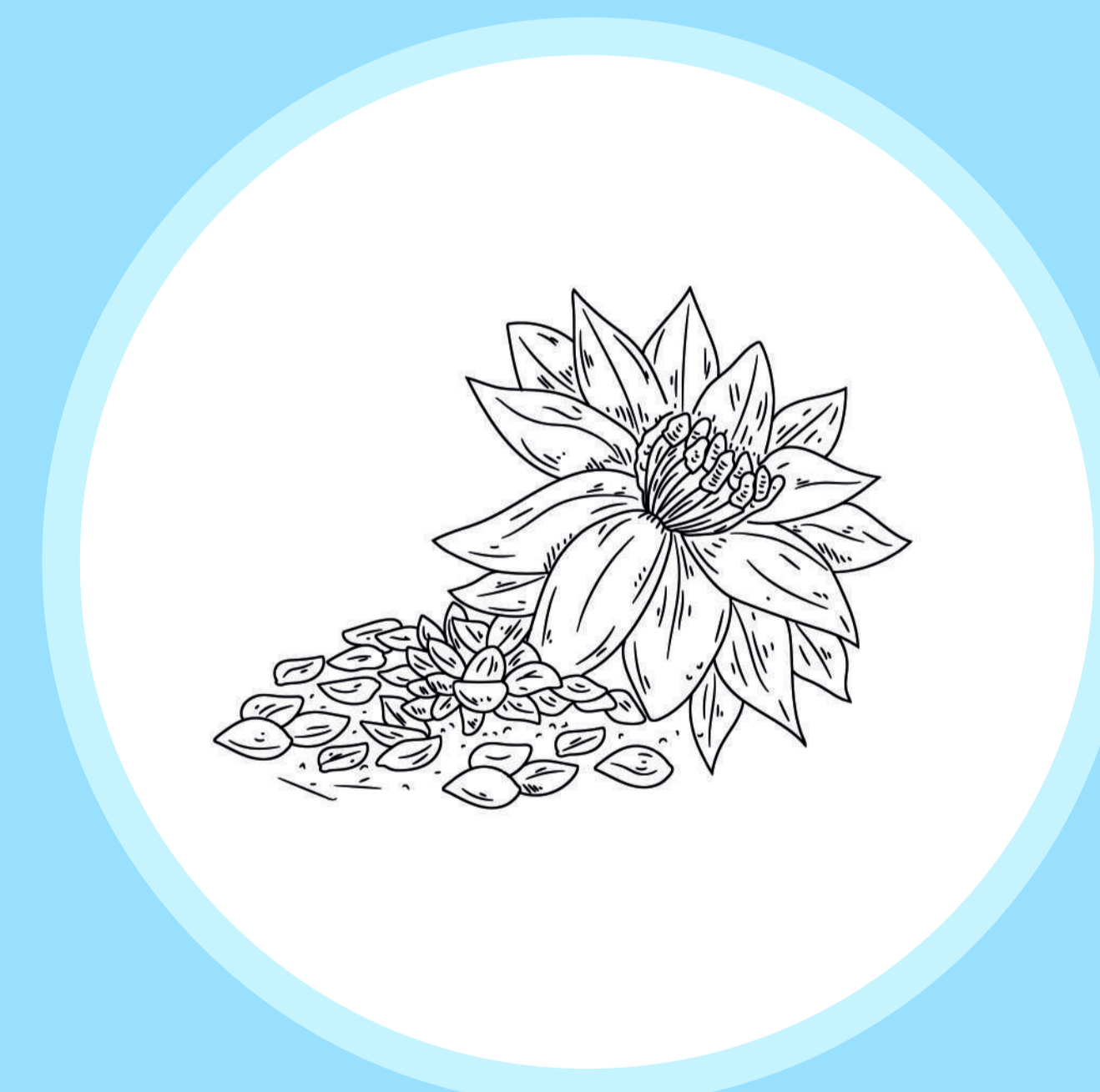
**Trikatu (long pepper, black
pepper, and ginger)**



Asthma Mudra

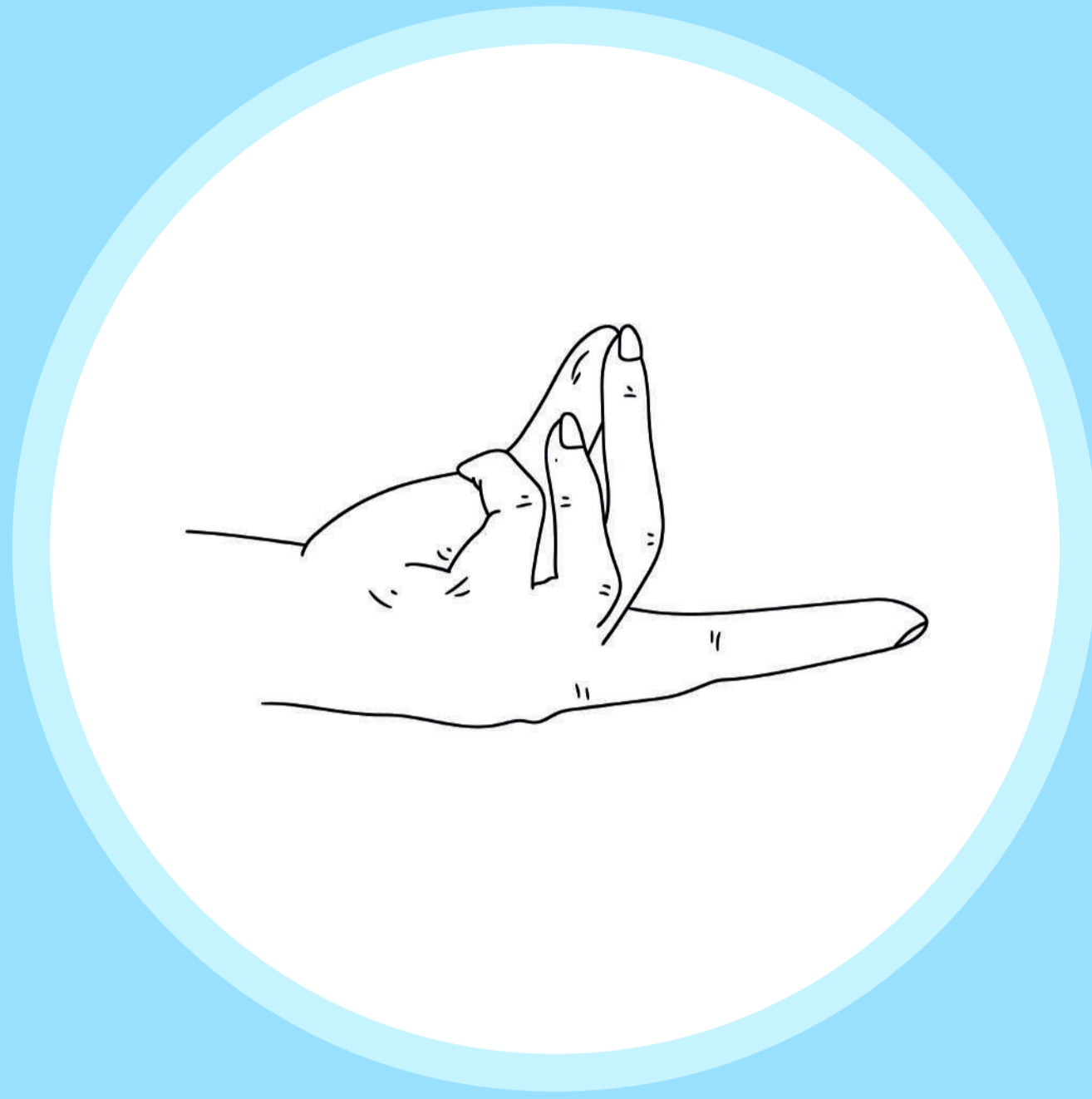


Bhramara Mudra

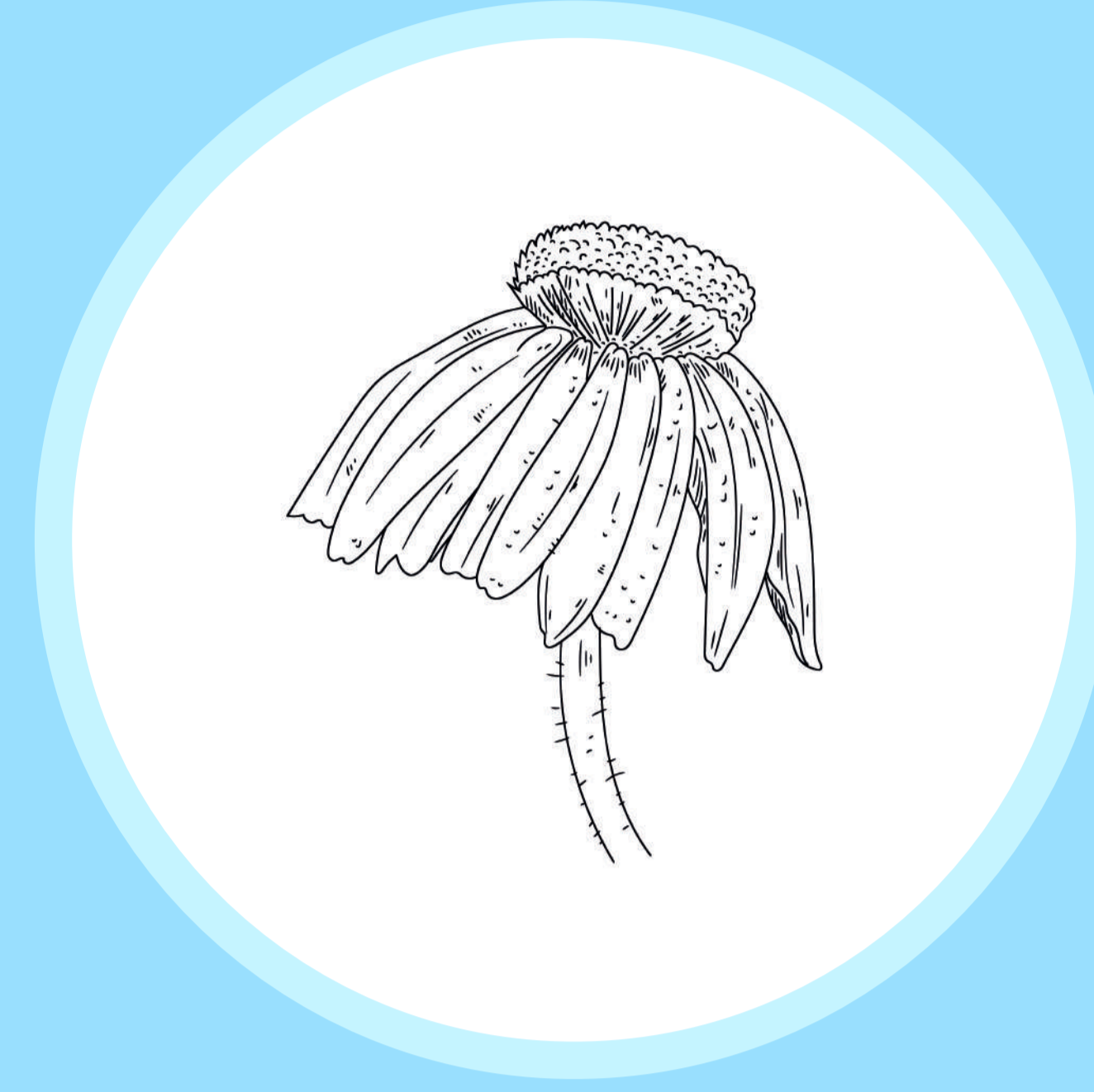


Black Cumin

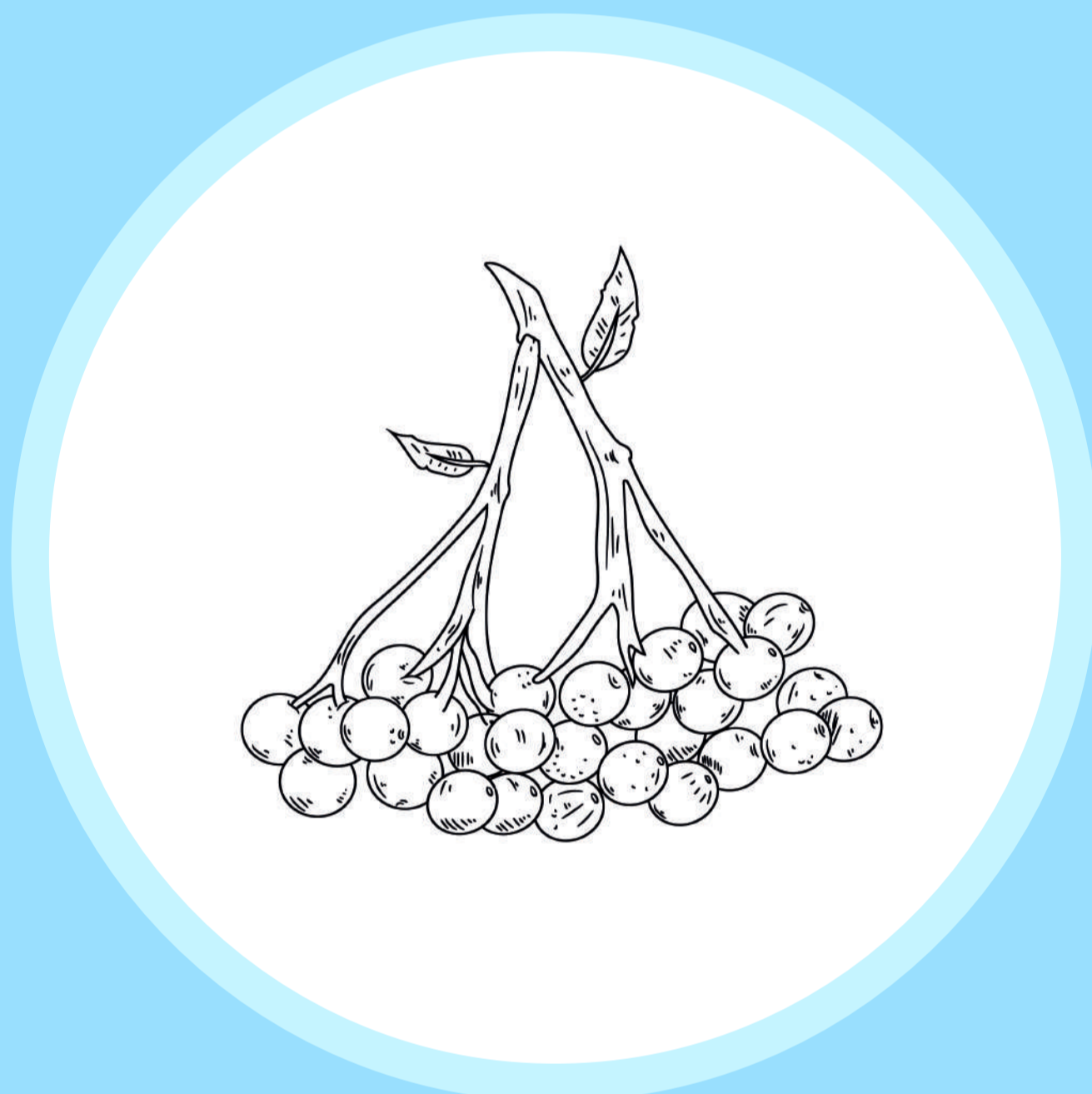
Cough (p. 3 of 6)



Bronchial Mudra



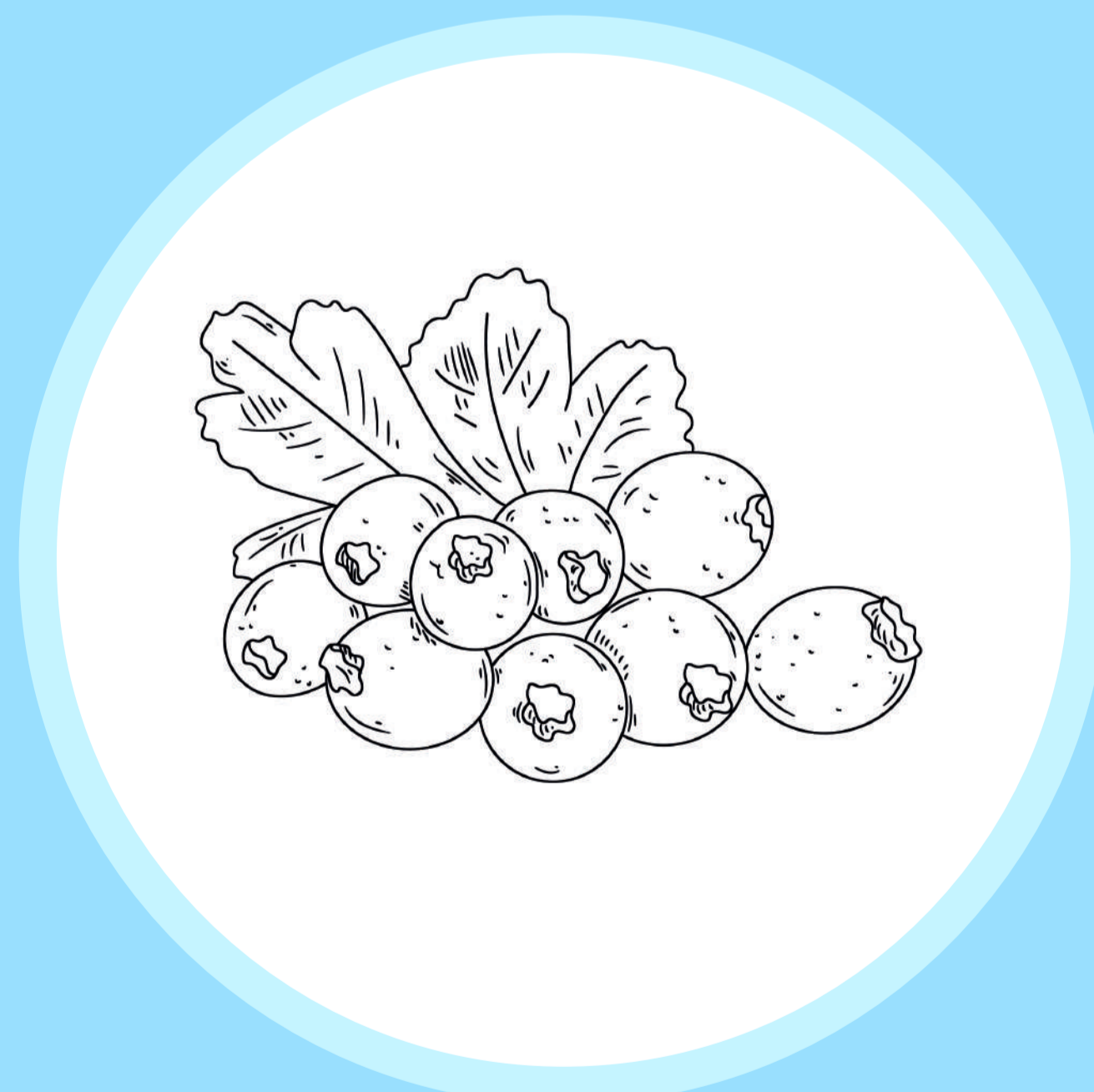
Echinacea



Elder



Green Tea



Hawthorn



Horehound

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

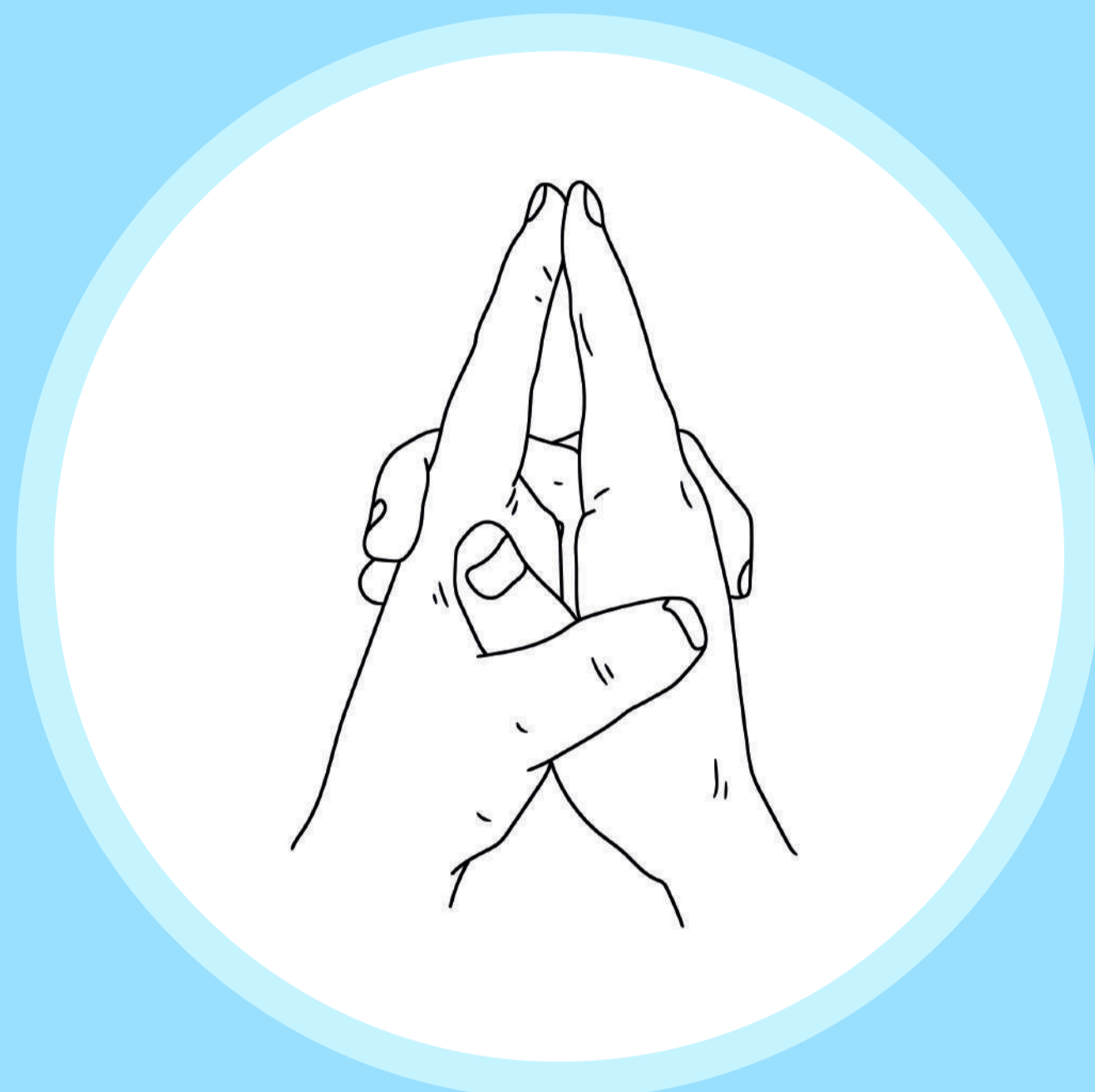
Cough (p. 4 of 6)



Horseradish



Hakini Mudra



Ksepana Mudra



Large Bottle of Water



Linga Mudra



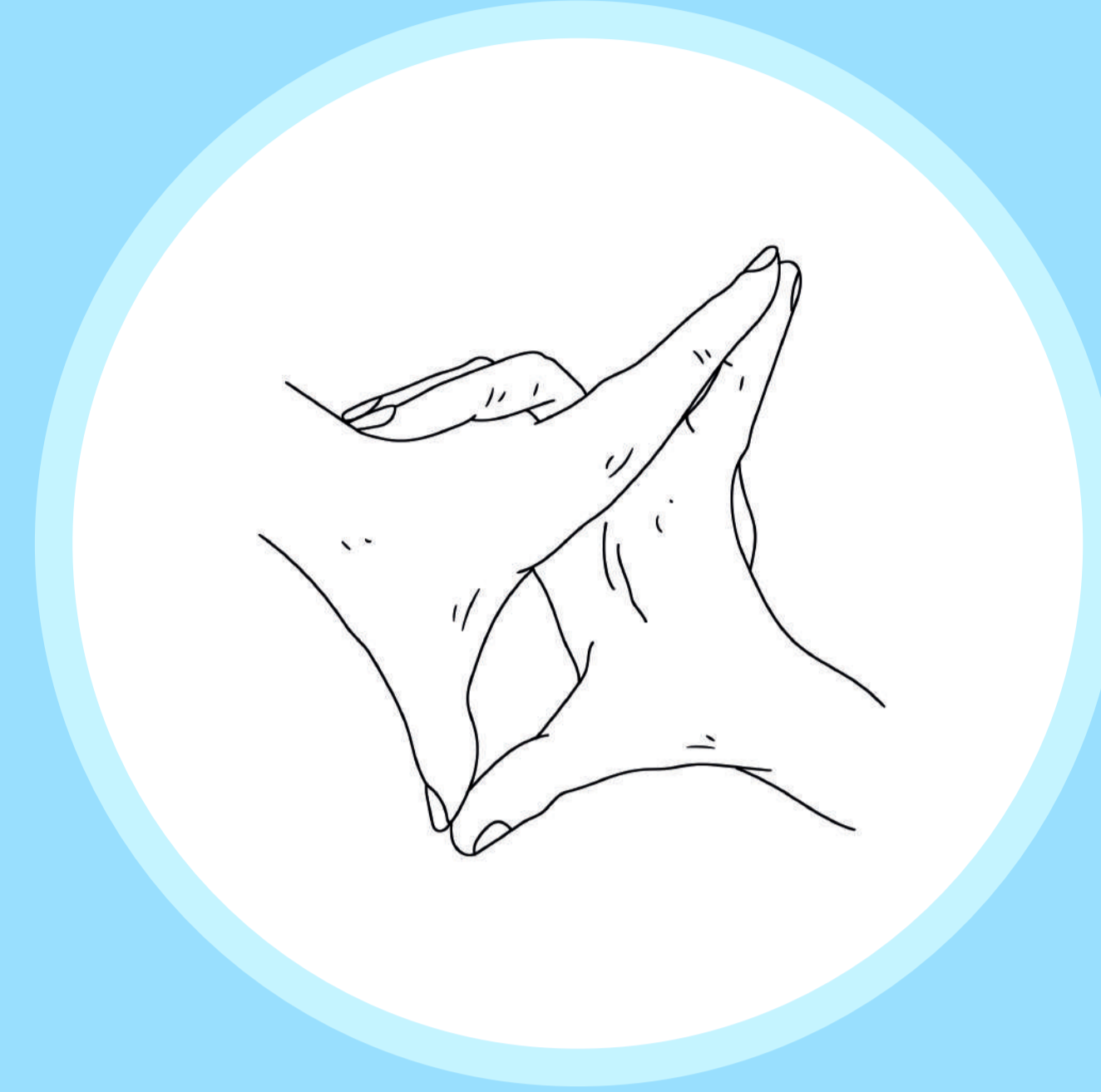
Mukula Mudra

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

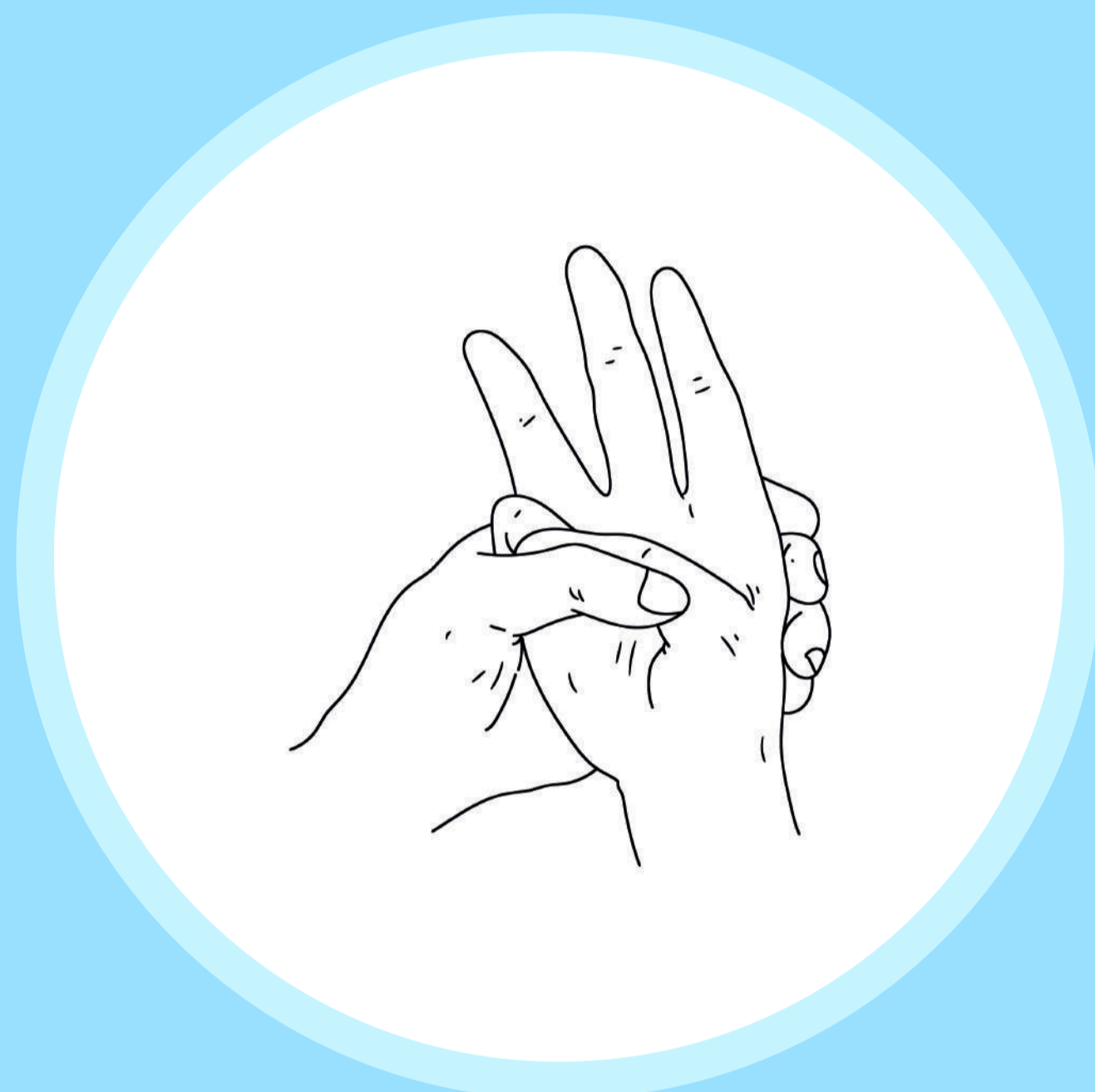
Cough (p. 5 of 6)



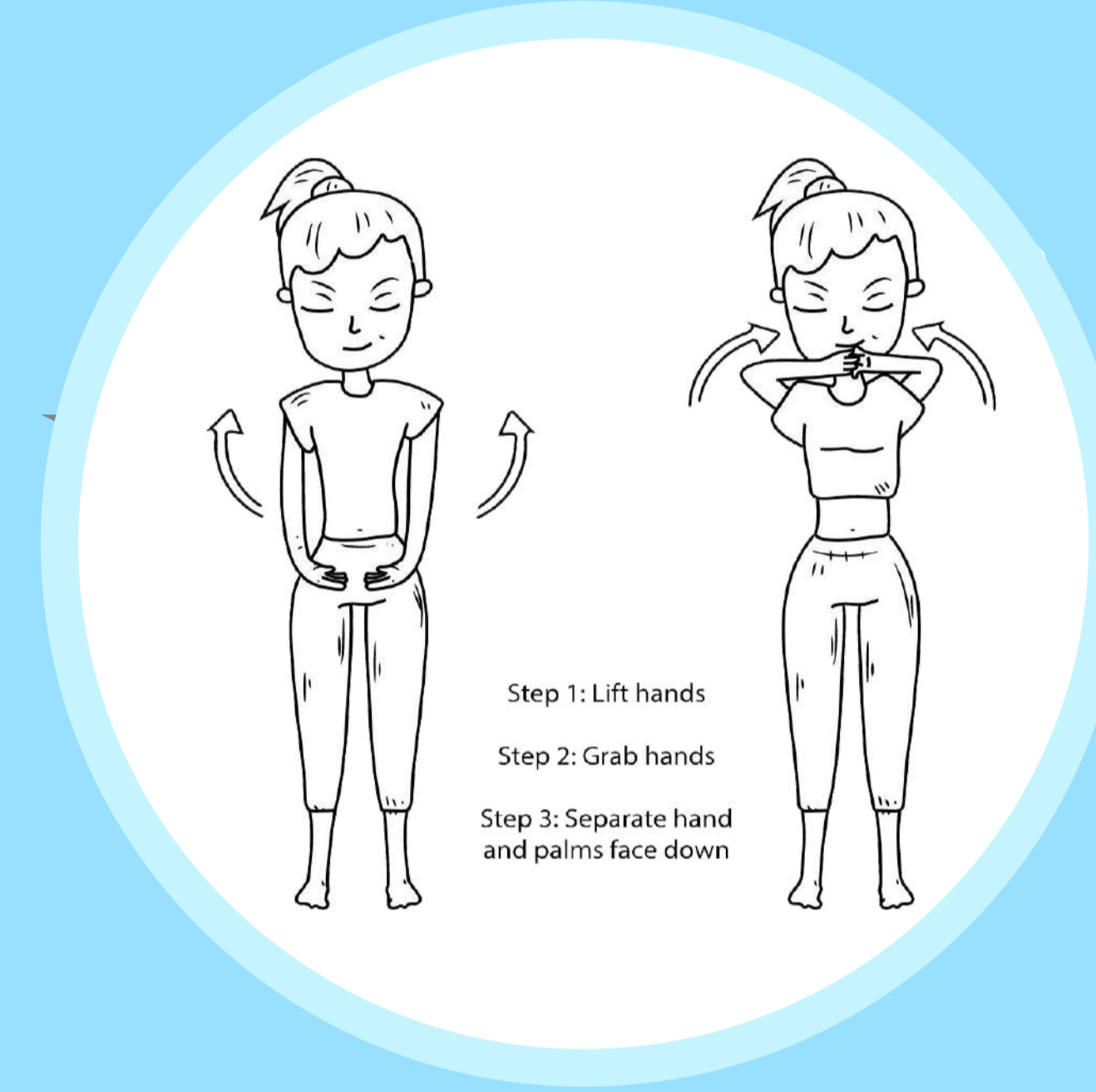
Thyme



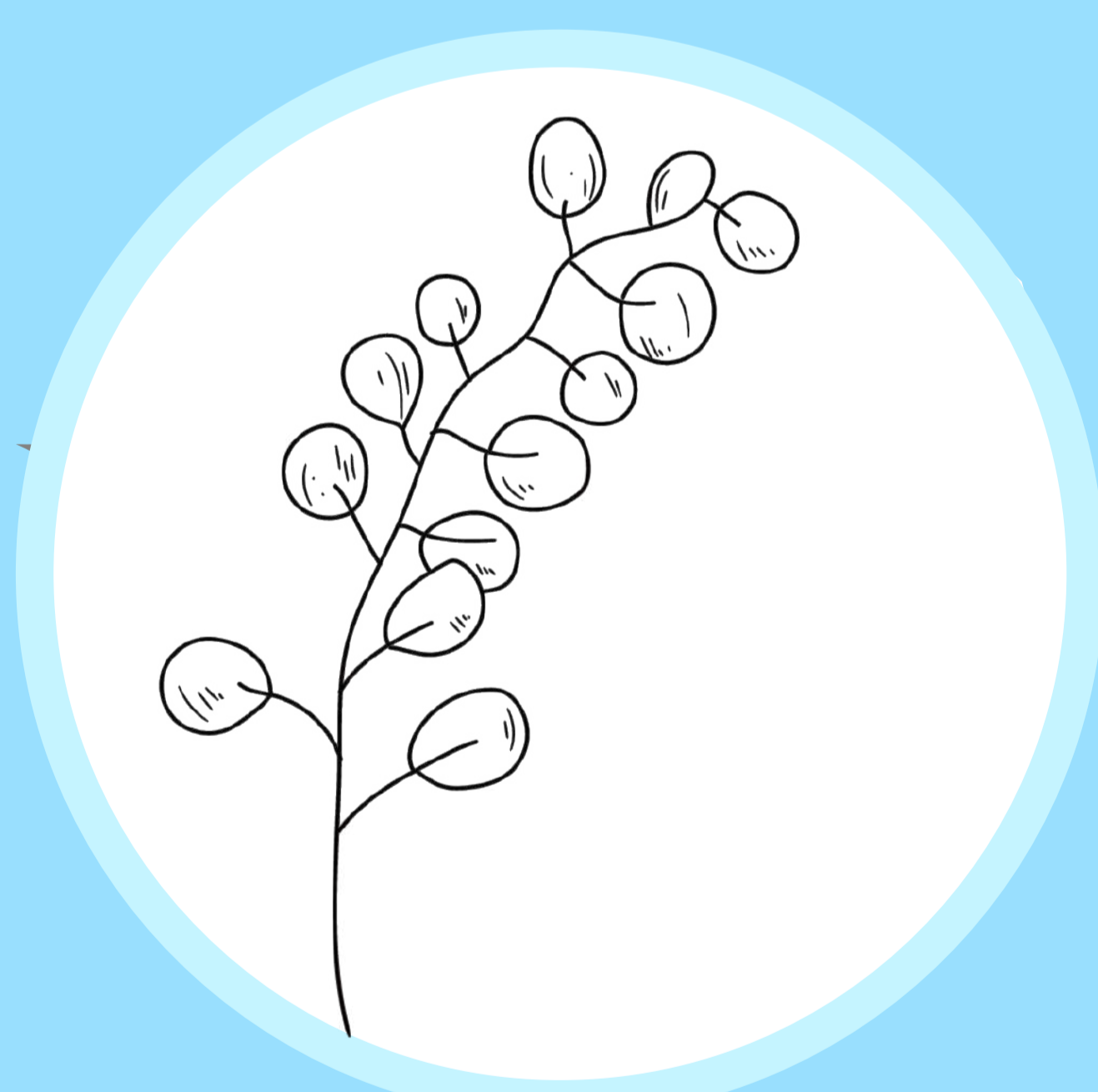
Uttarabodhi Mudra



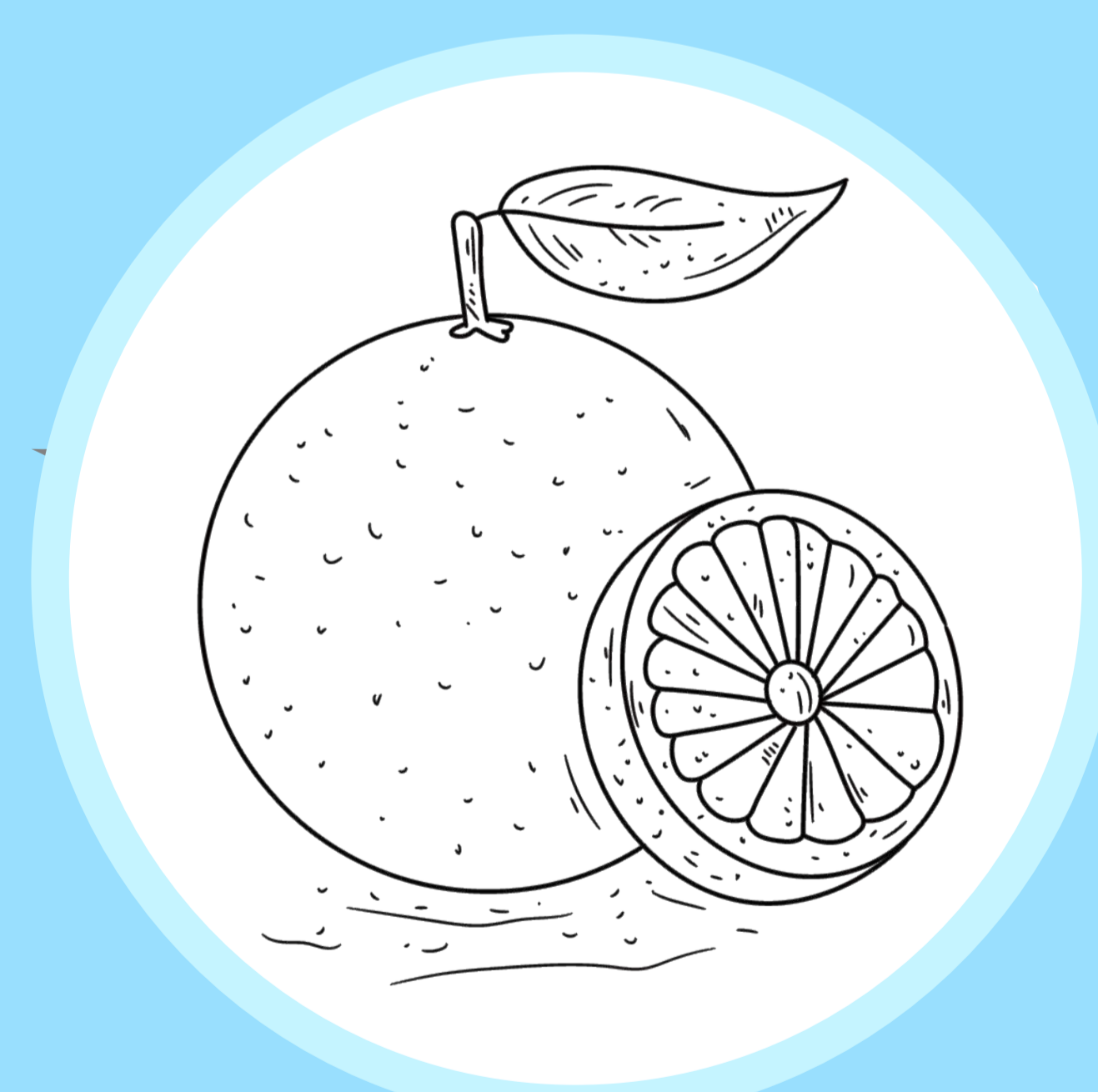
Varuna Mudra



Wei Tuo Present Pestle 1



Eucalyptus

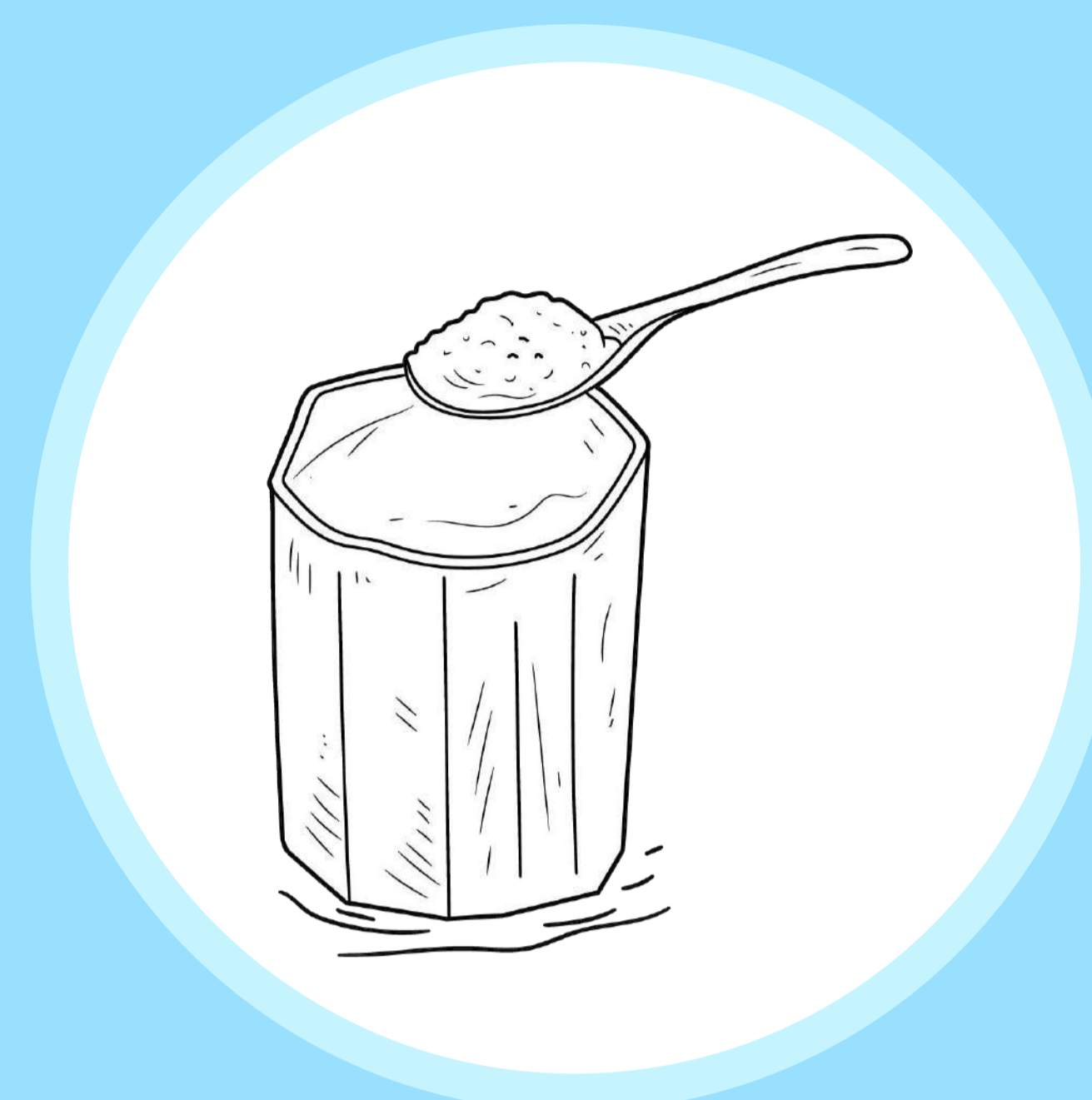


Vitamin C

Cough (p. 6 of 6)



Don't Smoke



Gargle Salt Water