

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

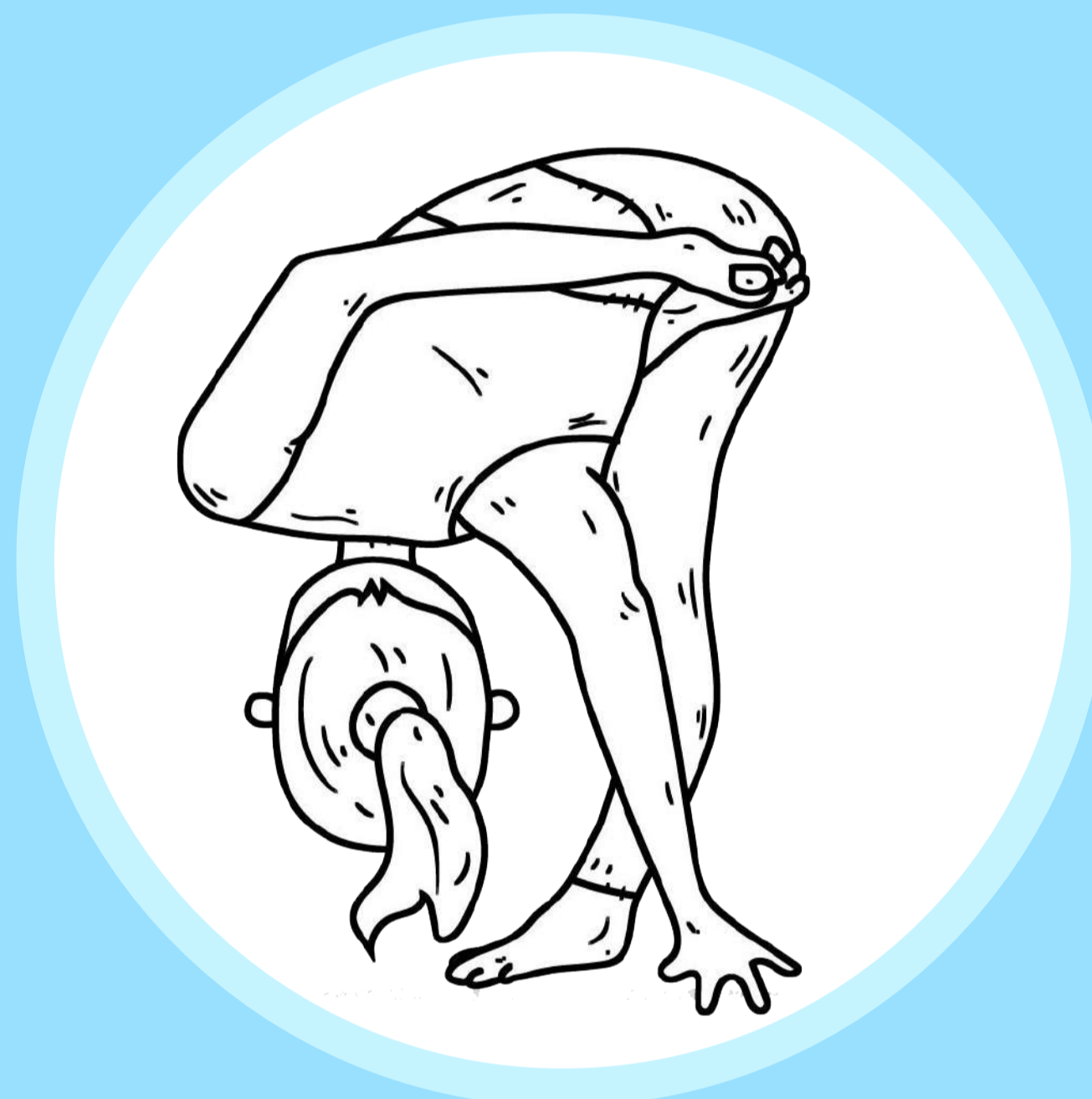
## High Blood Pressure (p. 1 of 3)



Halāsana  
(plow)



Jānu-Śīrṣāsana  
(head to knee)



Ardha Baddha Padma  
Paschimottānāsana  
(half bound lotus standing forward bend)



Triang Mukhaikapāda  
Paschimottānāsana  
(three limbs west stretch)



Paschimottānāsana  
(staff)



Vīrāsana  
(hero)

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

## High Blood Pressure (p. 2 of 3)



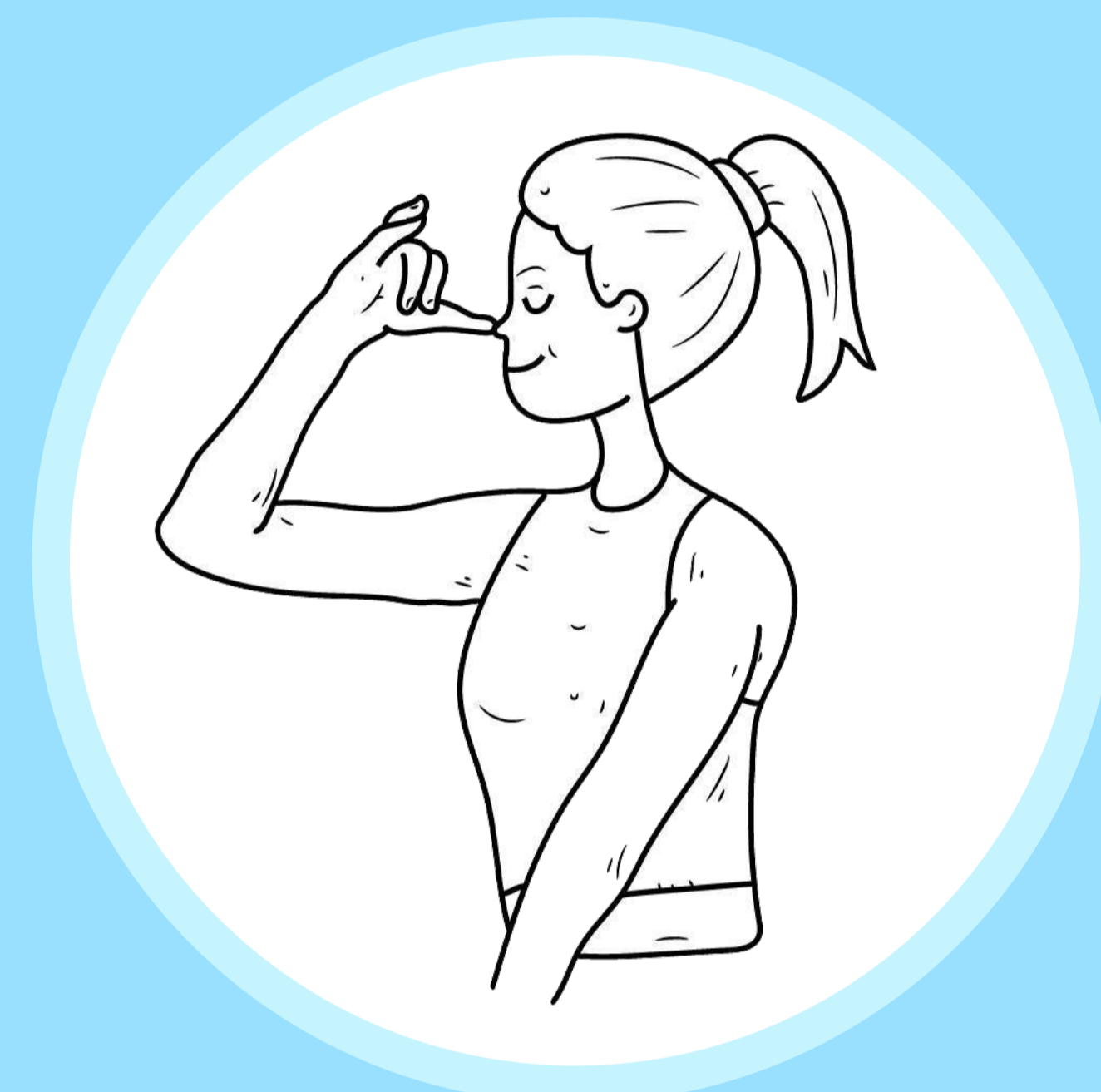
**Siddhāsana**  
(perfect pose)



**Padmāsana**  
(lotus)



**Śavāsana**  
(corpse)



**Nādī Śodhana**  
(alternate nostril breathing)



**Baddha Konāsana**  
(bound angle)



**Meditation with Eyes Closed**

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## High Blood Pressure (p. 3 of 3)



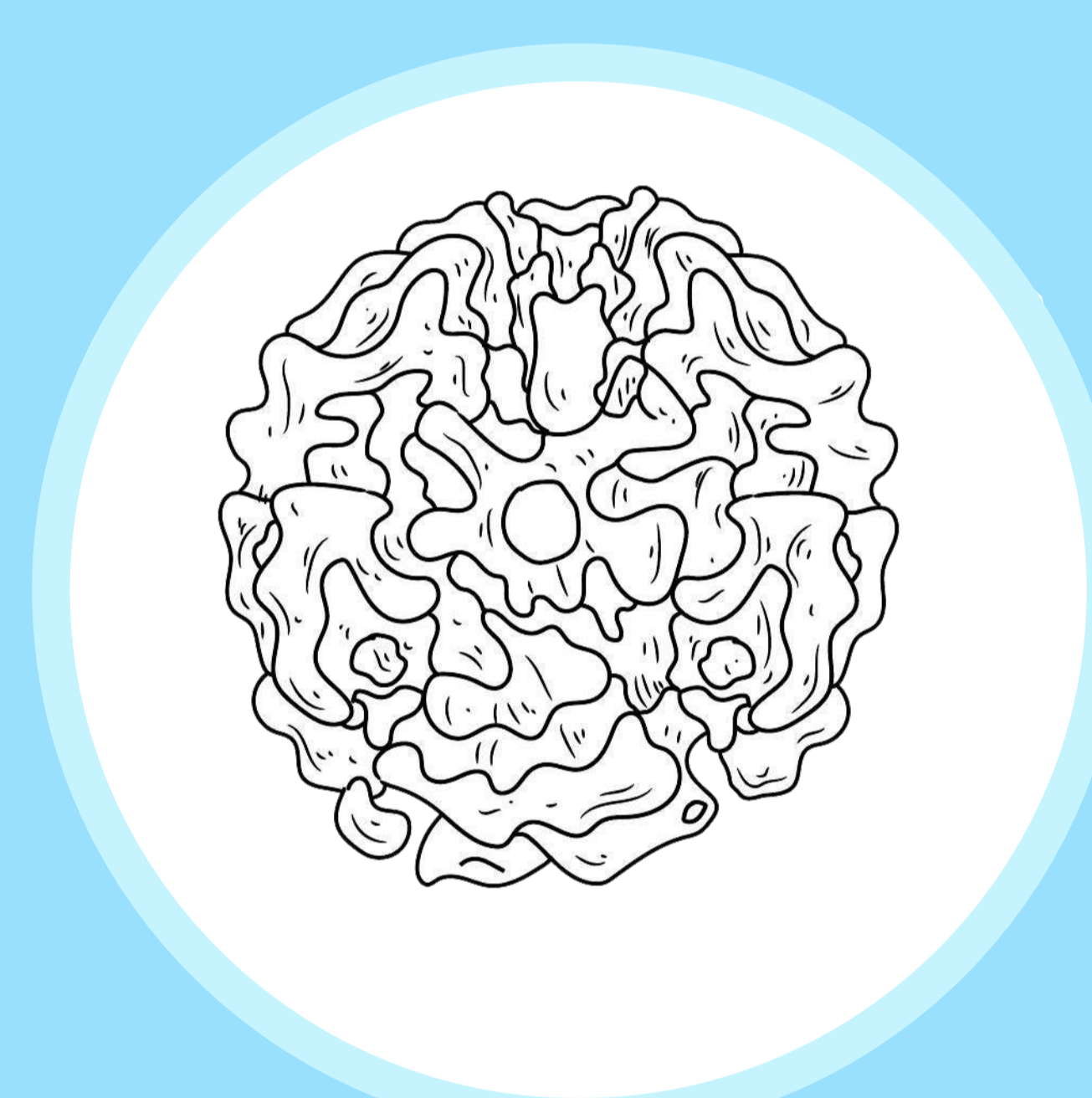
Ujjayi Pranayama



Laugh or Watch Funny Movie



Magnesium



Radraksha

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