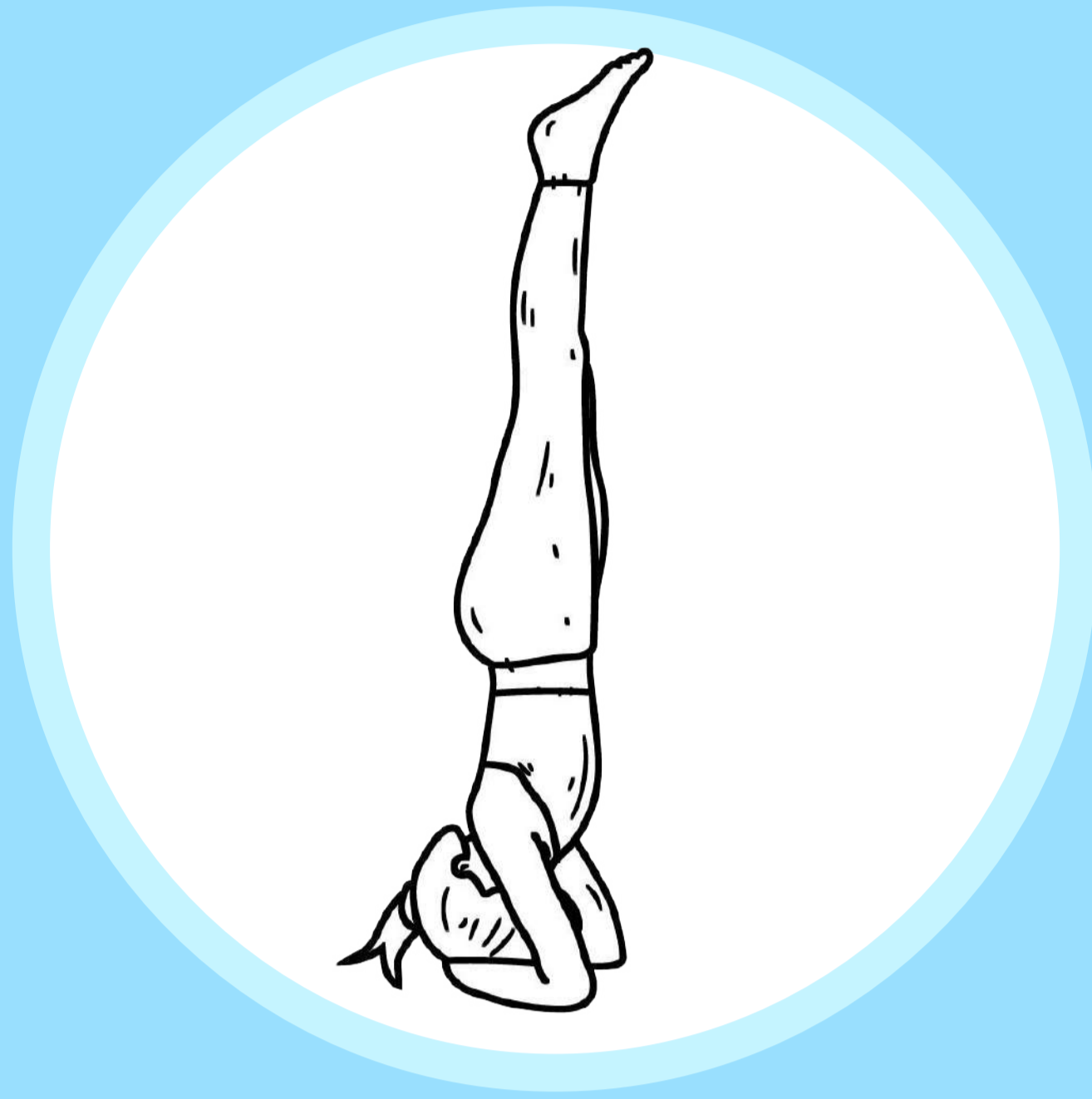


Items to discuss with your doctor and consider learning from a qualified yoga instructor for

Leg Circulation (DVT Prevention)

(p. 1 of 2)



Sālamba Śīrṣāsana
(supported headstand)



Halāsana
(plow)



Vīrāsana
(hero)



Siddhāsana
(perfect pose)



Baddha Konāsana
(bound angle)



Any Sitting Asana Without Strain

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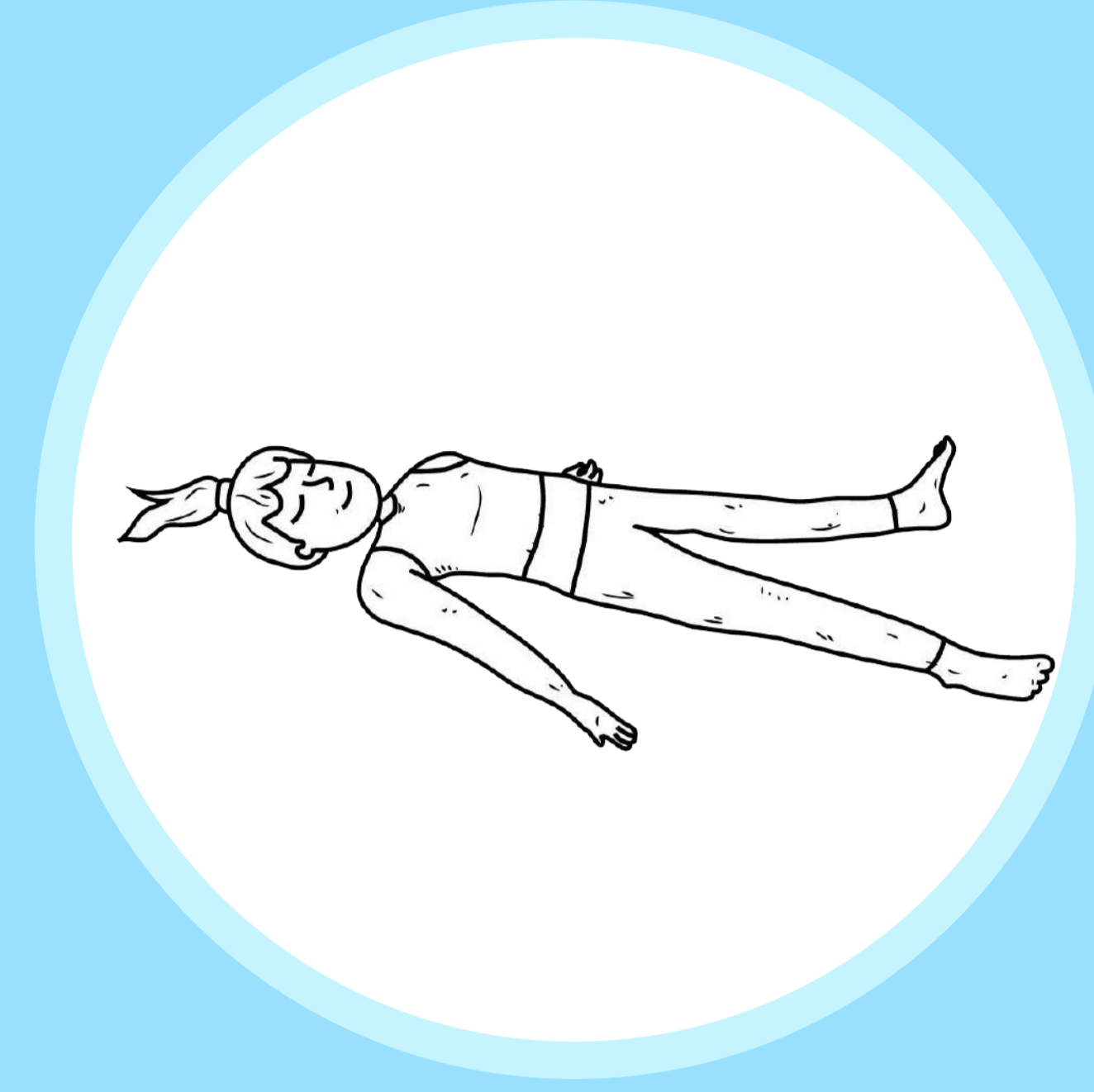
Items to discuss with your doctor and consider learning from a qualified yoga instructor for

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(p. 2 of 2)



Nādi Śodhana
(alternate nostril breathing)



Śavāsana
(corpse)



Ujjayi Pranayama

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