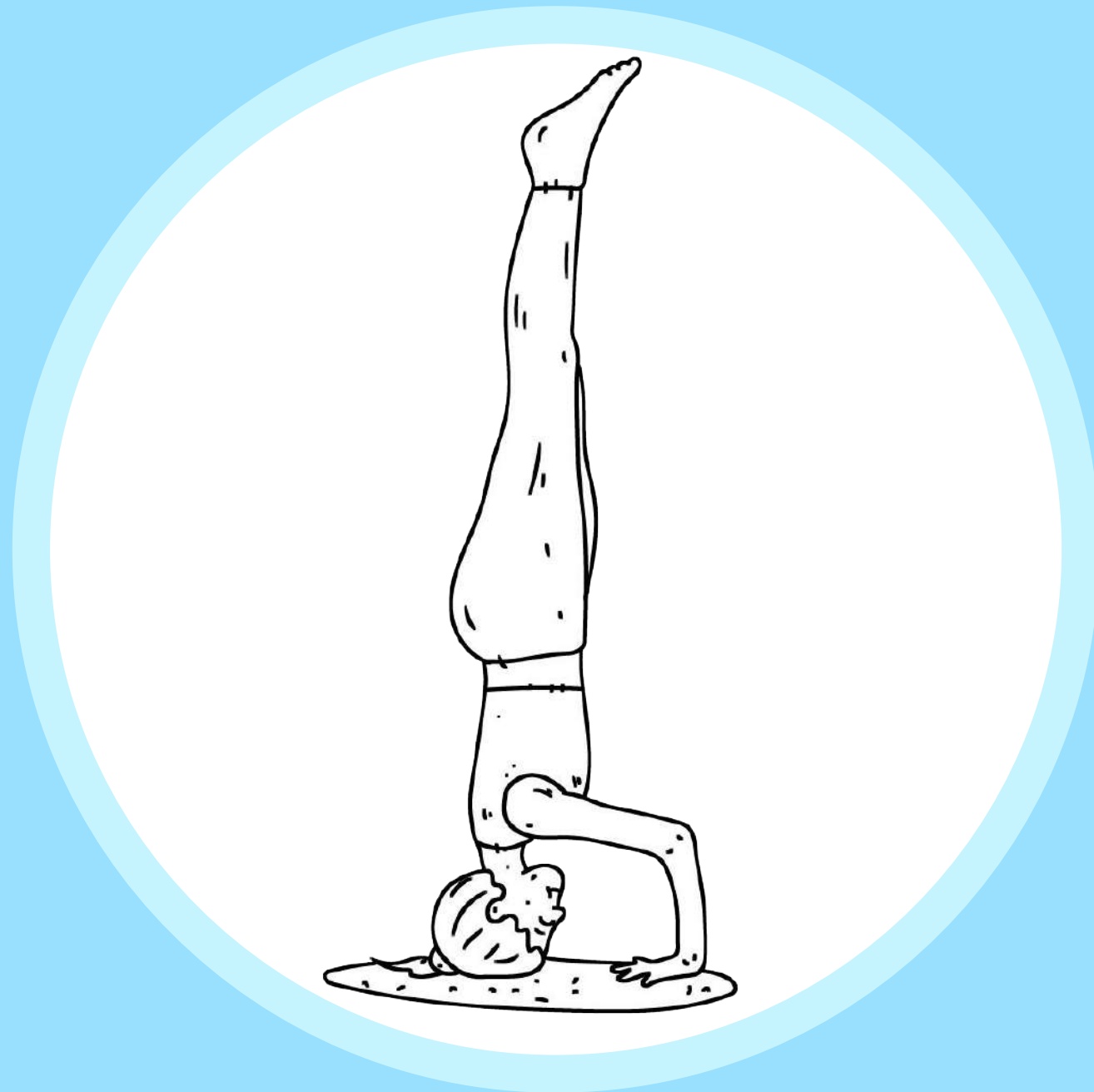
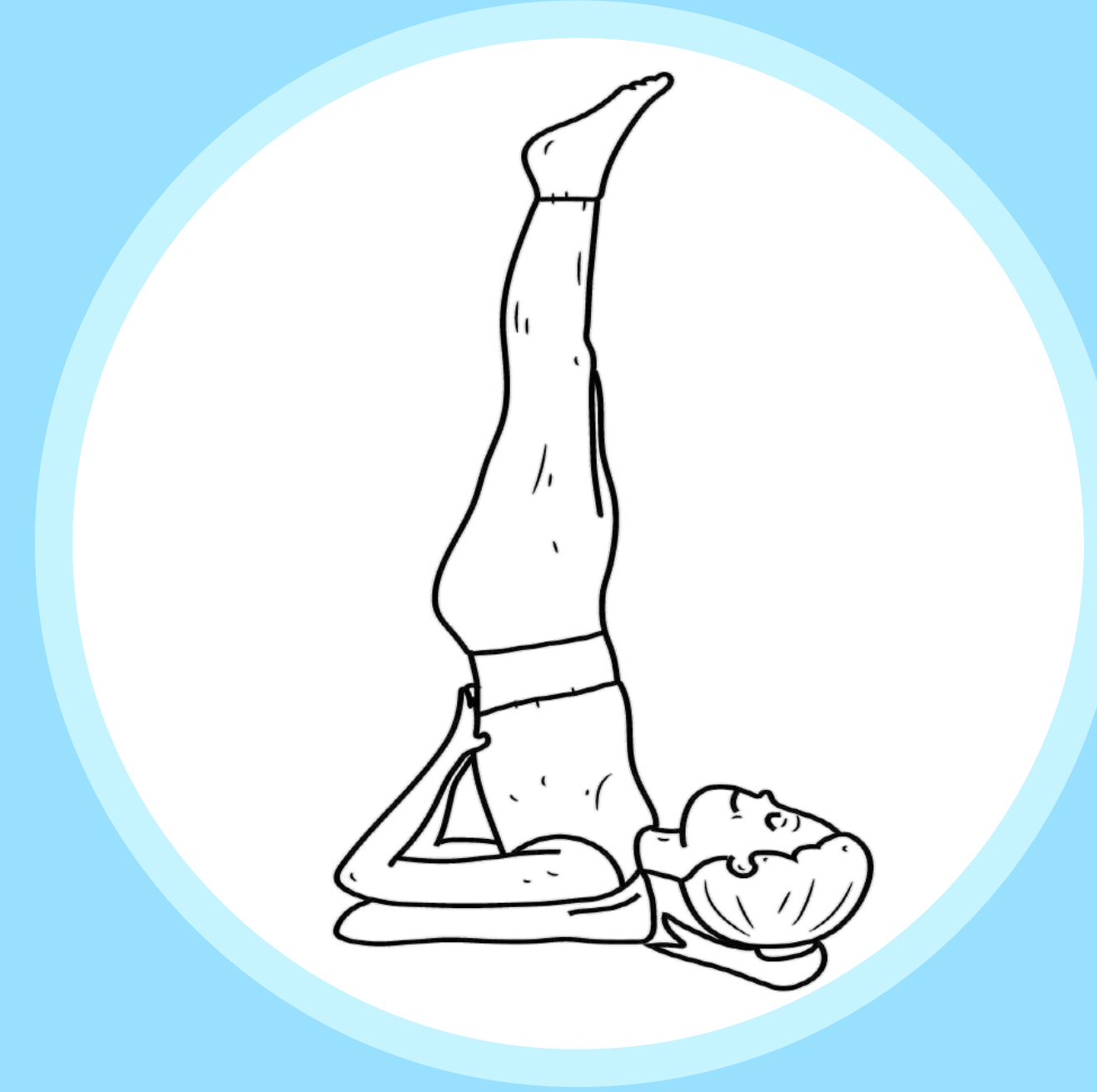


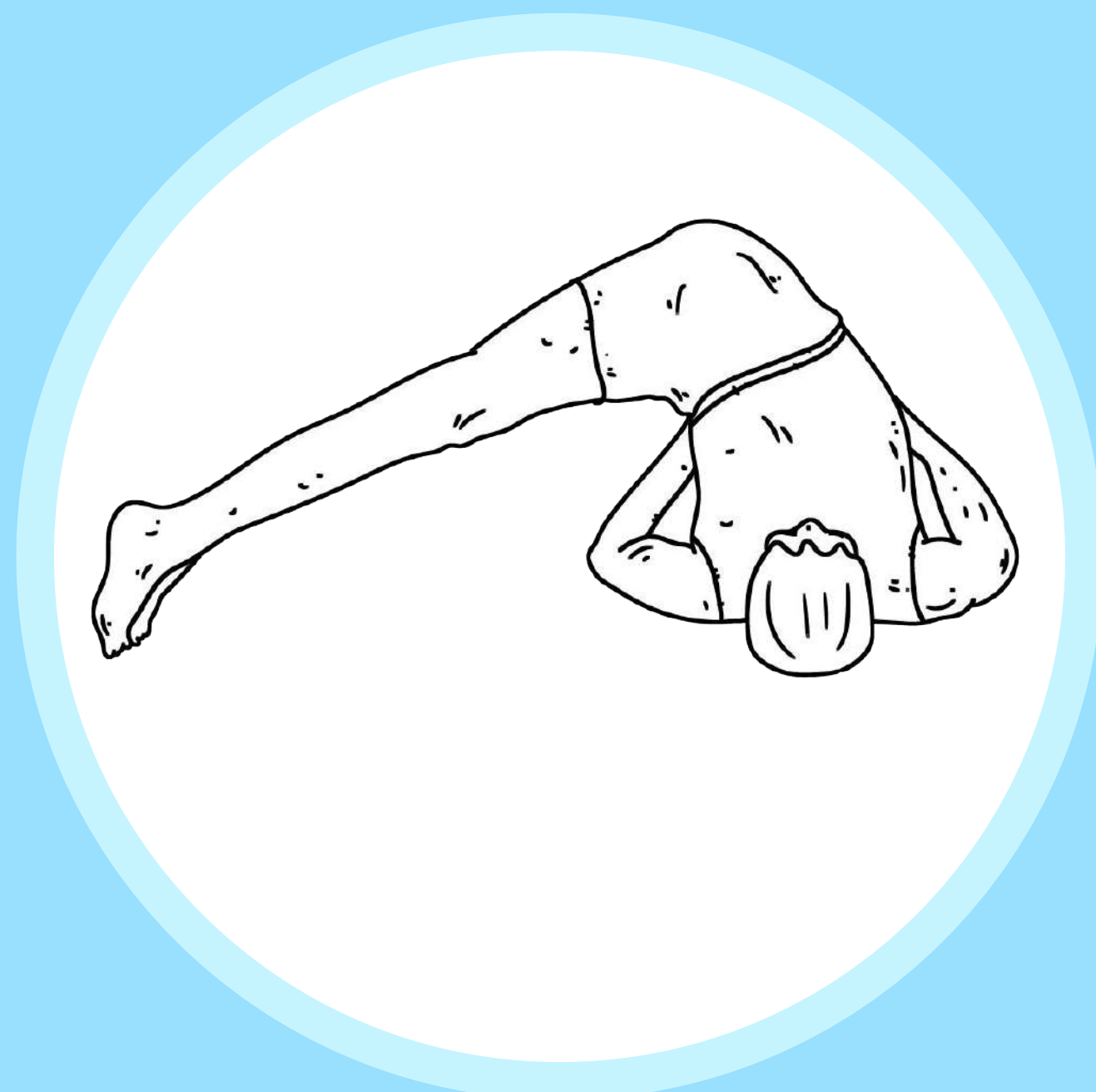
## Hemorrhoids (p. 1 of 3)



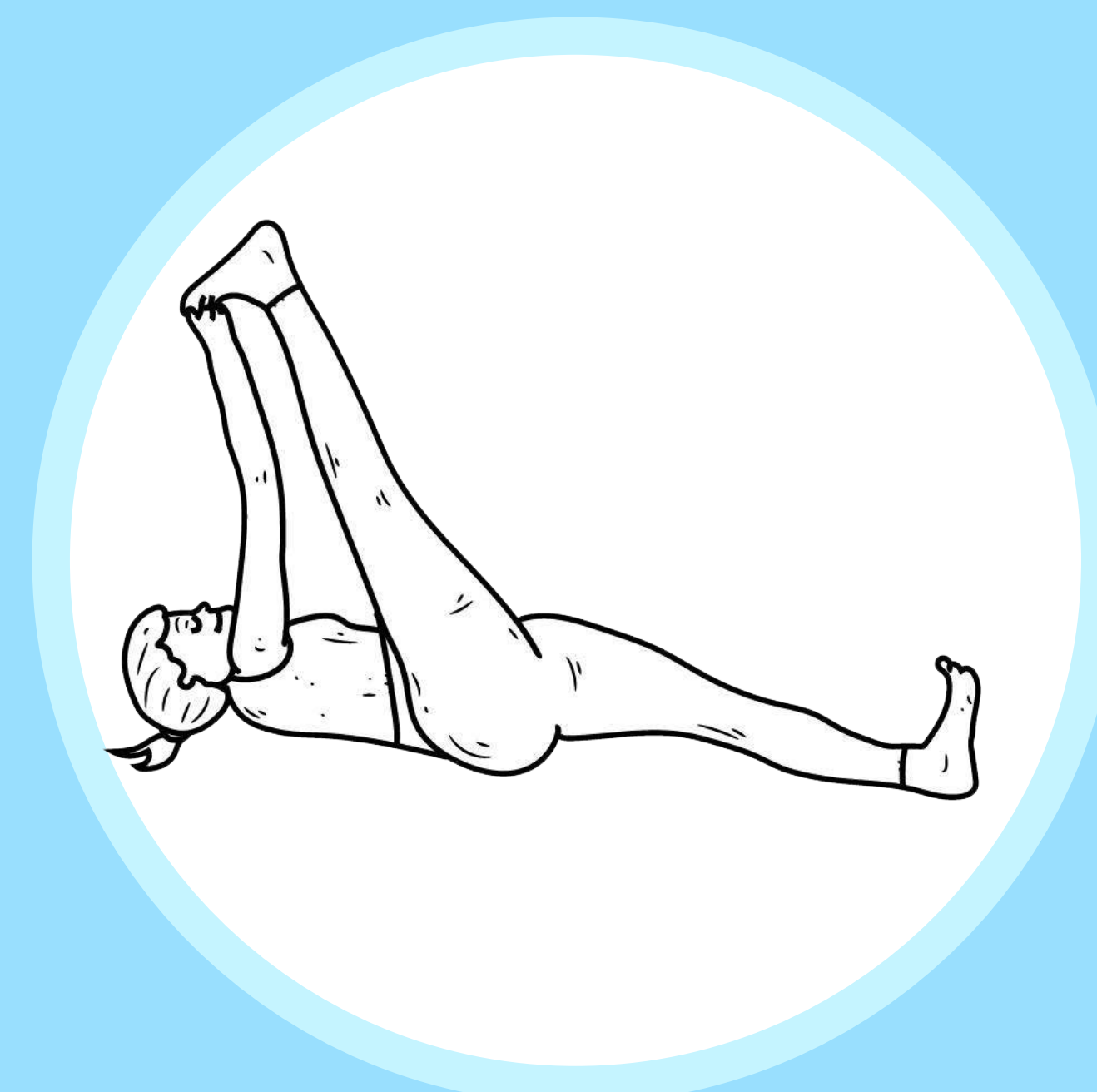
**Sirsasana**  
(head stand)



**Sarvāngāsana**  
(shoulder stand)



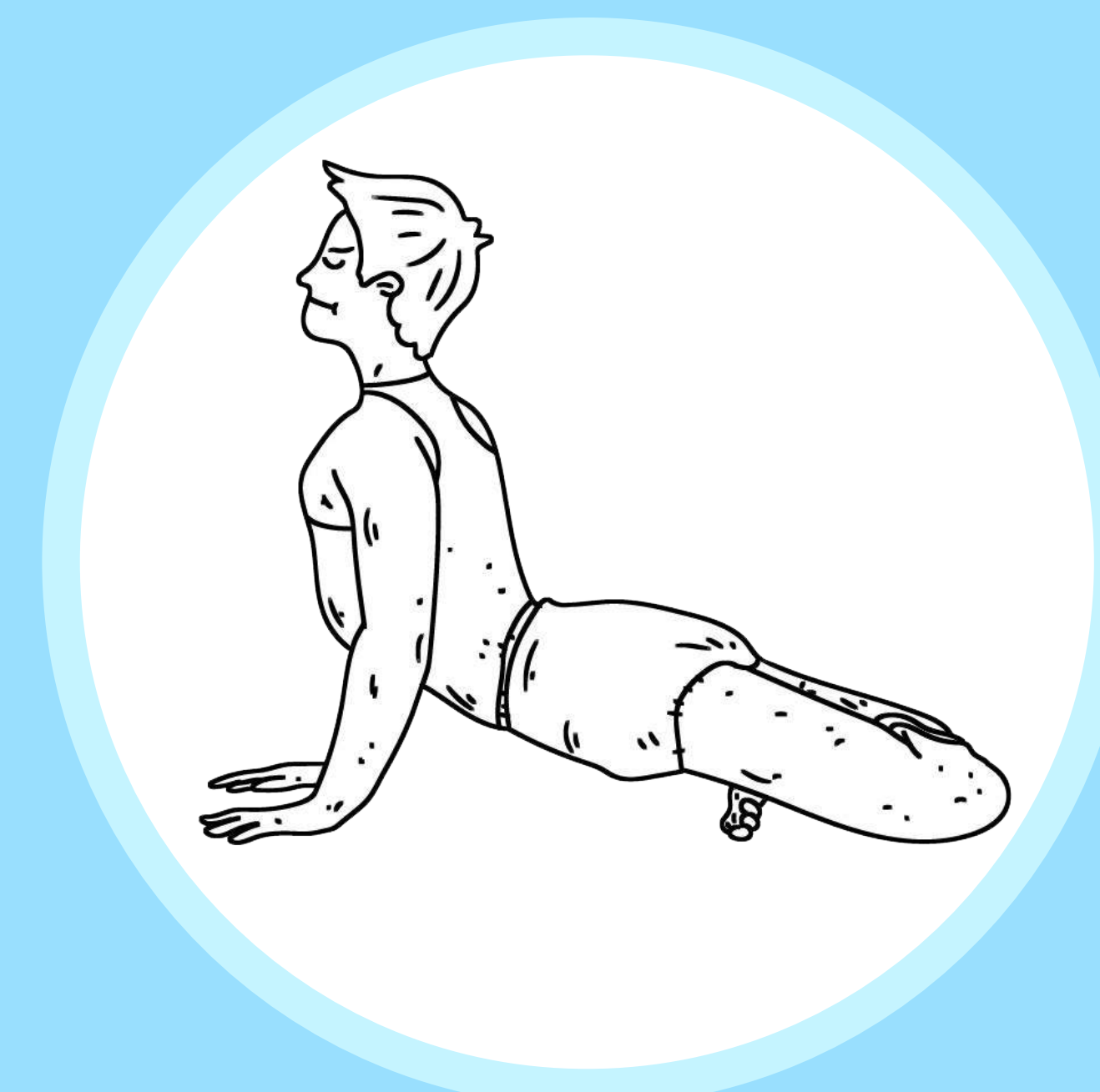
**Pārśva Halāsana**  
(side plow)



**Supta Pādānguṣṭhāsana**  
(reclined big toe)



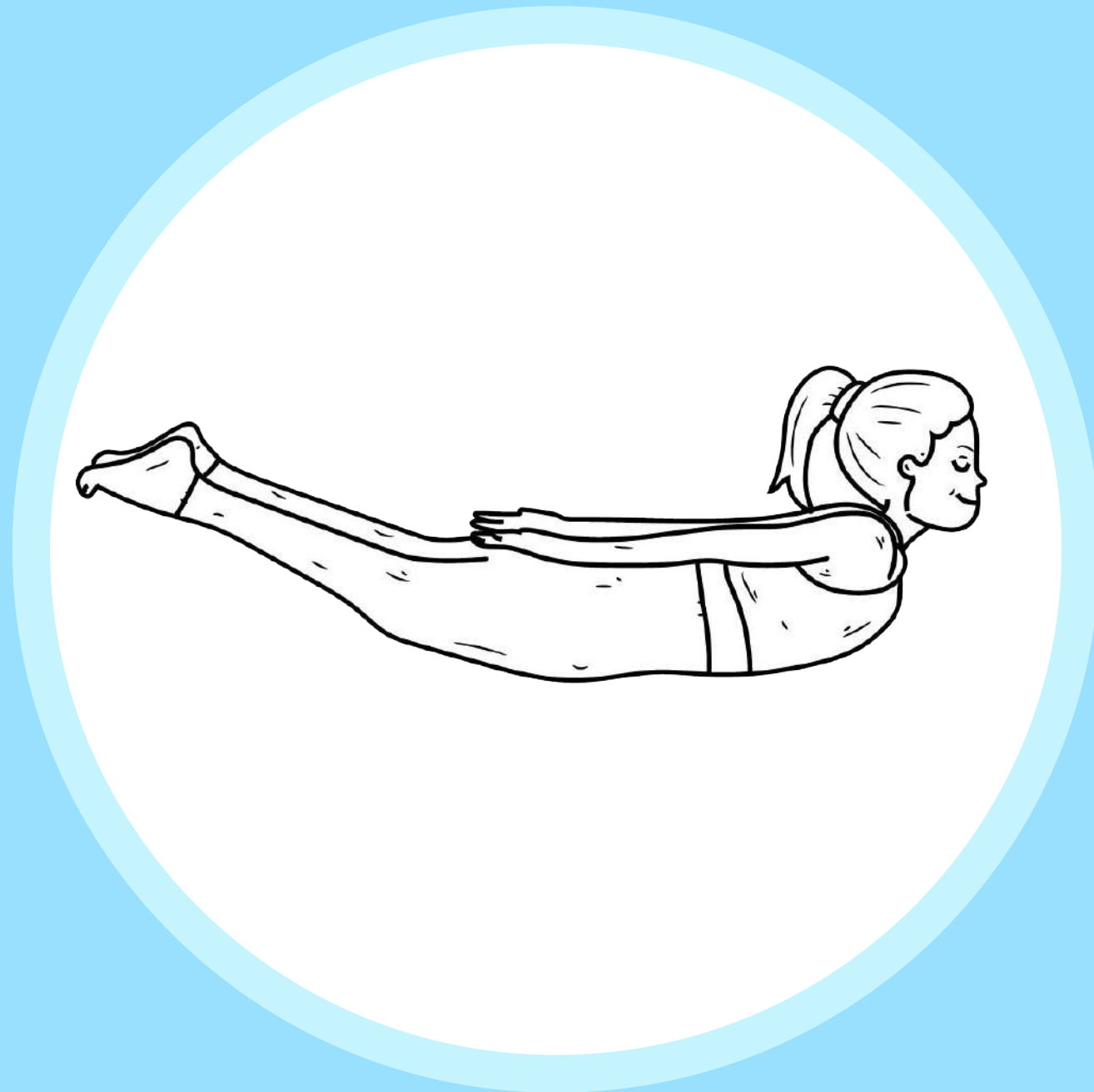
**Matsyāsana**  
(fish)



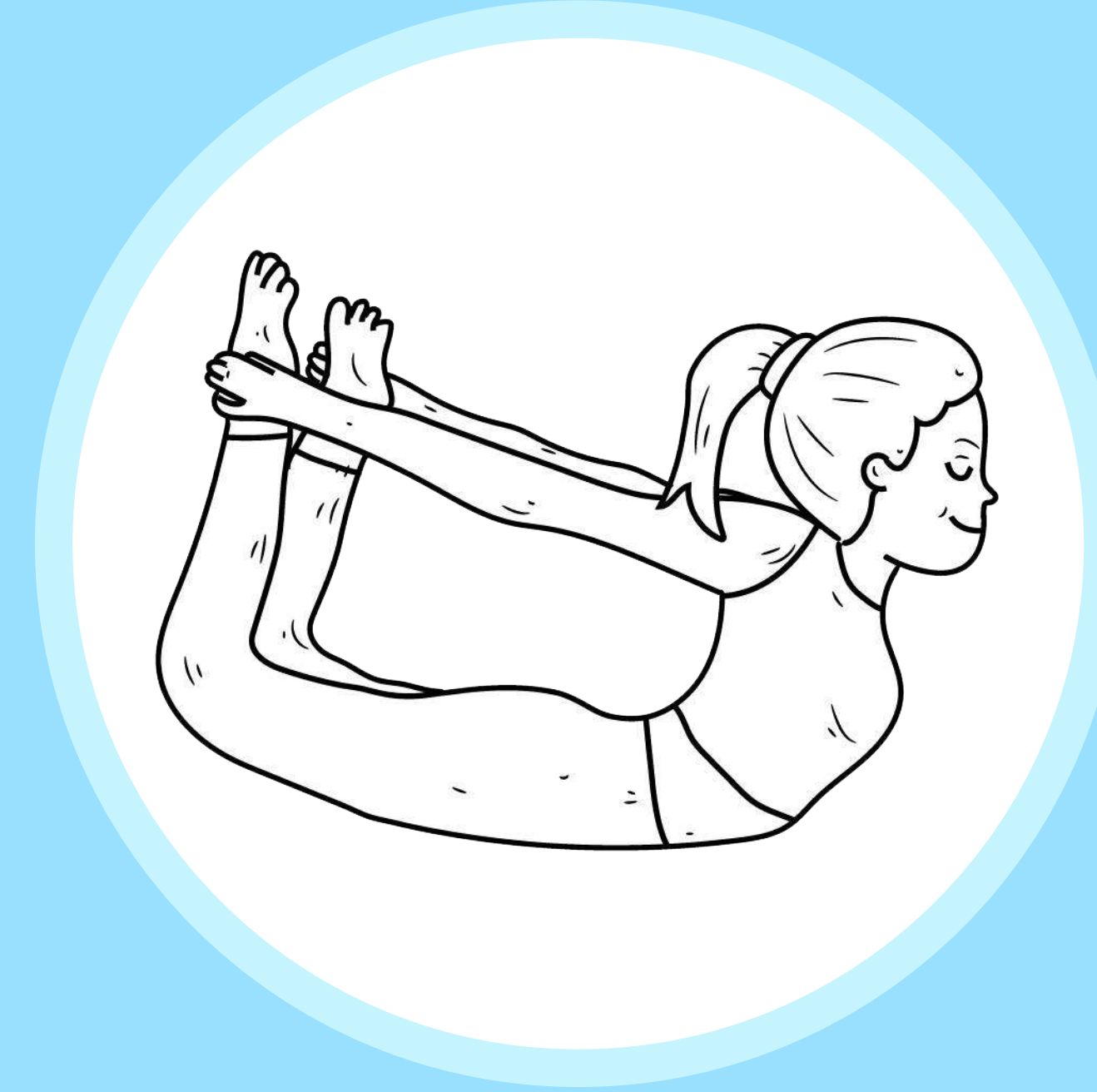
**Simhāsana II**  
(lion)



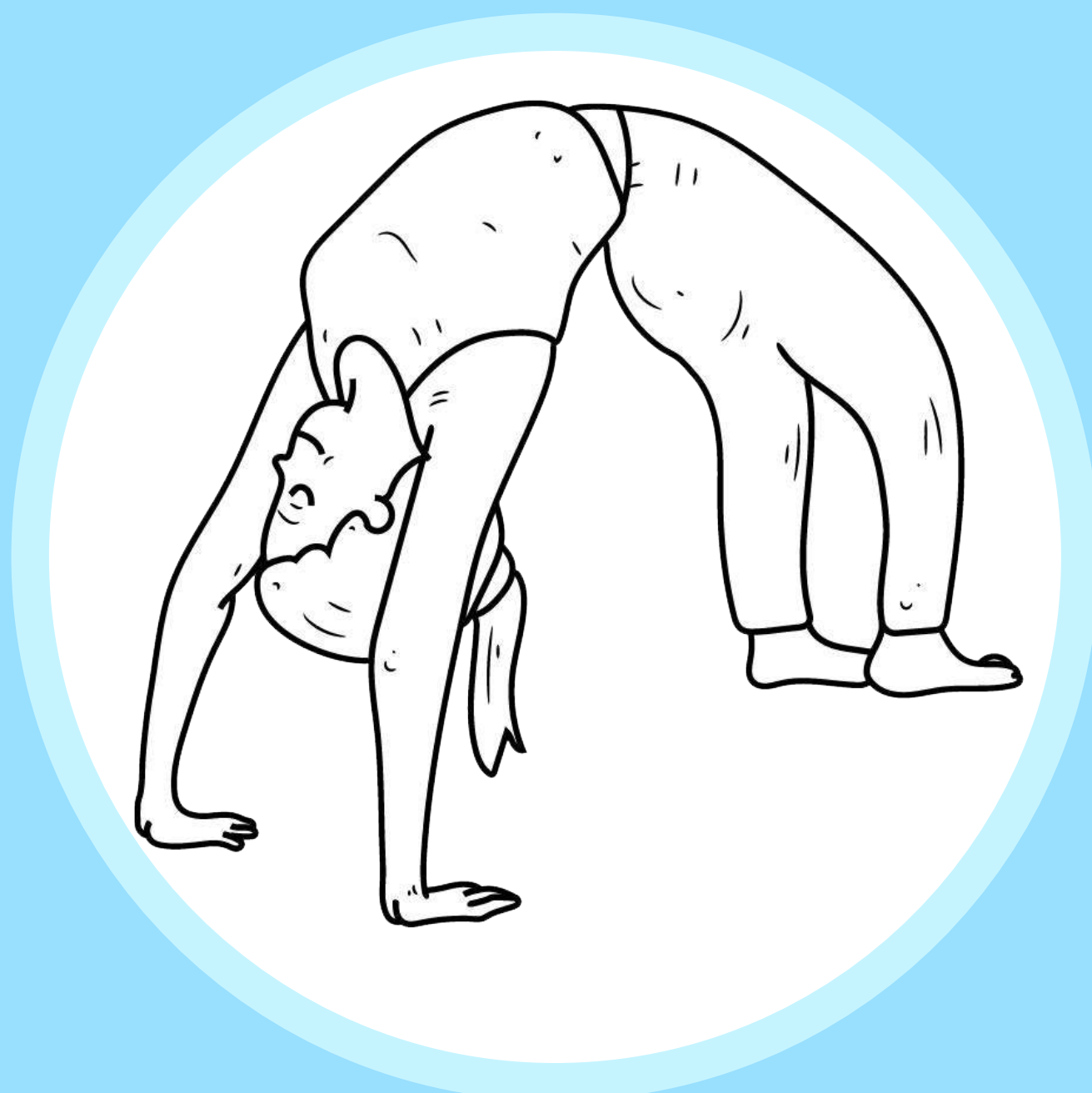
## Hemorrhoids (p. 2 of 3)



Śālabhāsana  
(locust)



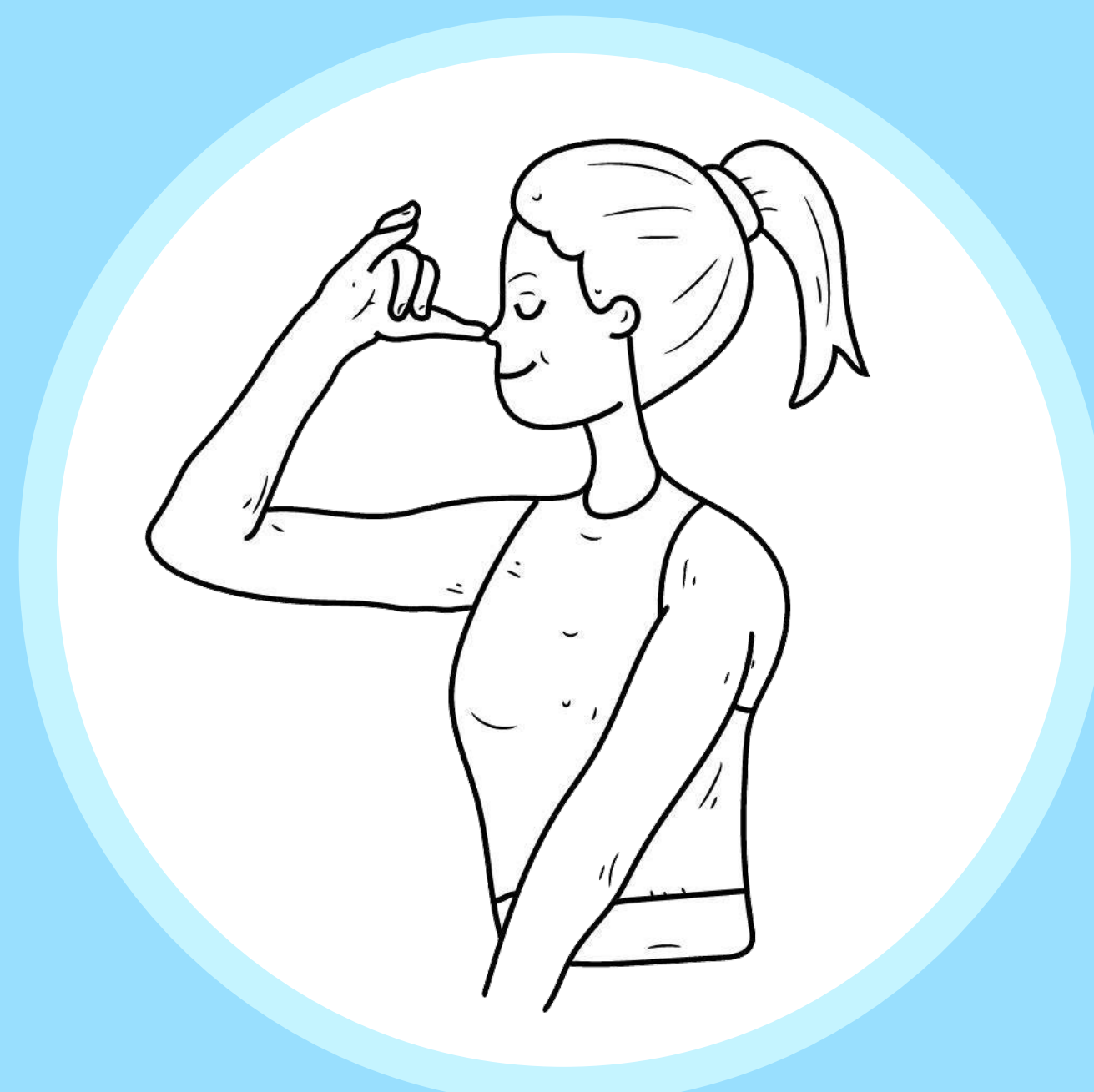
Dhanurāsana  
(bow)



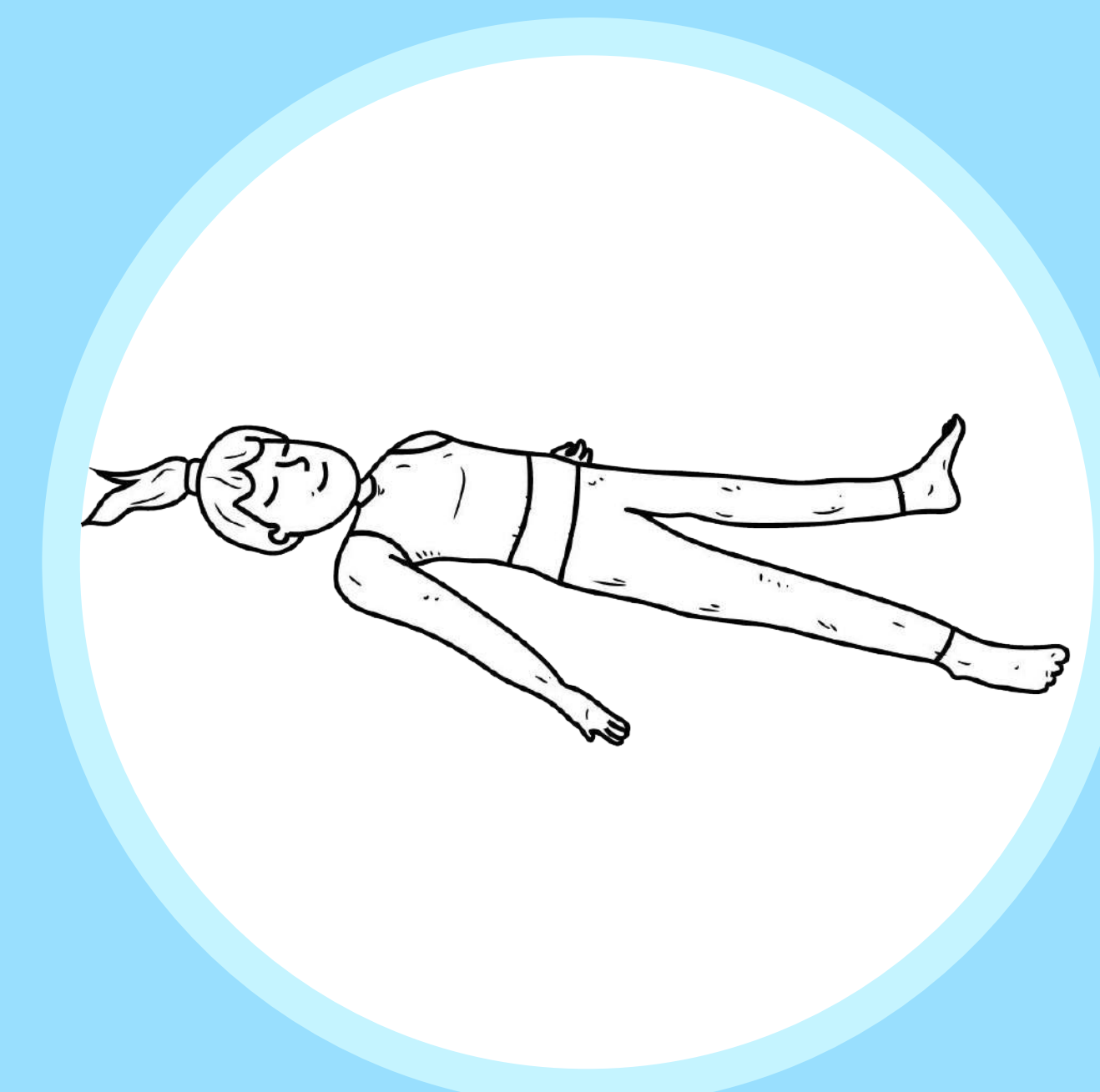
Chakrāsana  
(wheel)



Dwipāda Viparīta Daṇḍāsana  
(two-legged inverted staff)



Nādī Śodhana with Retention



Śavāsana  
(corpse)



## Hemorrhoids (p. 3 of 3)



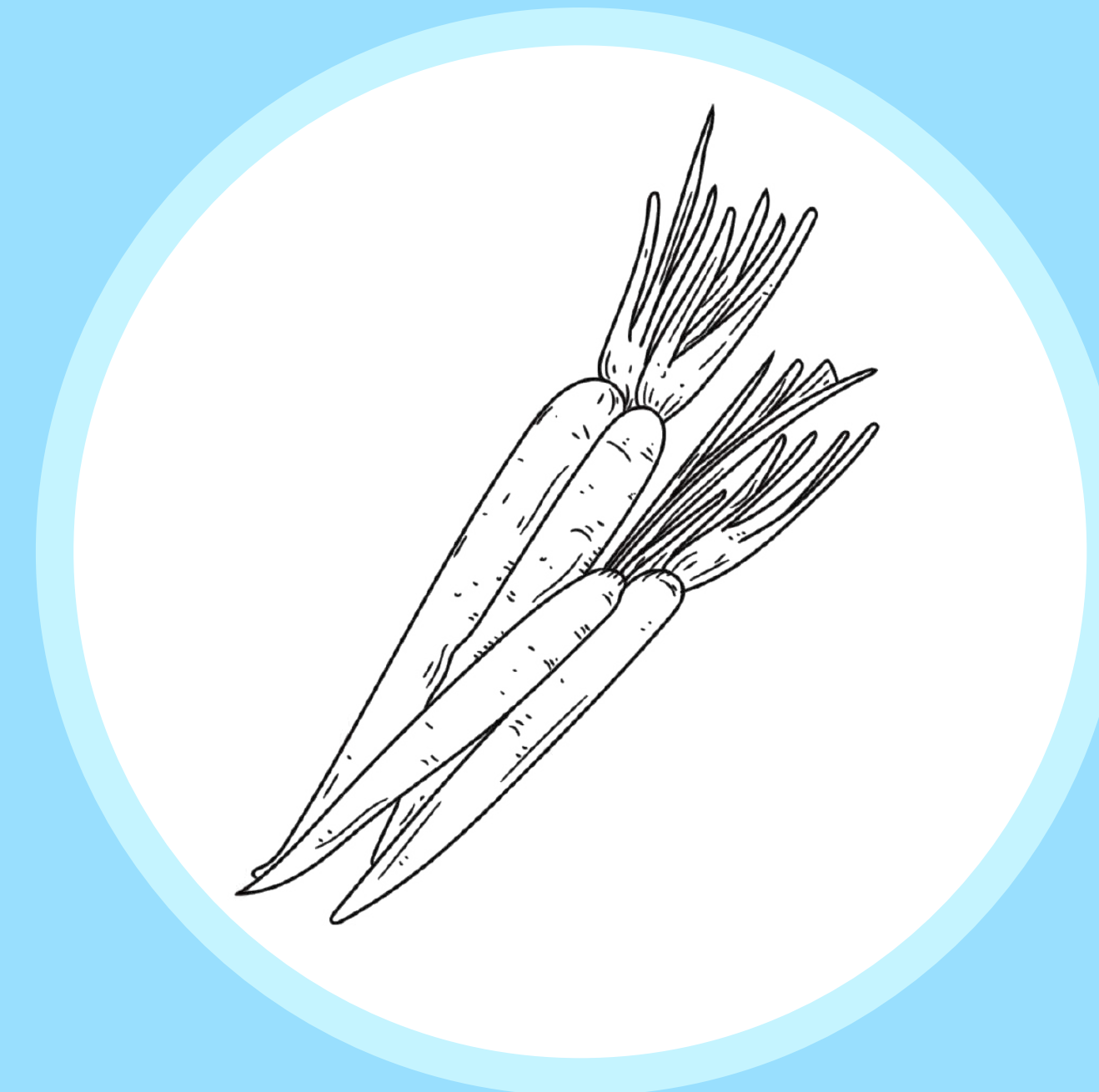
Aswini Mudra



Halāsana  
(plow)



Aloe Vera



Carrots



Ginger